LABOUR PROTEST TURNS VIOLENT
GAS BOMBS HURLED IN ATHENS {page 12}

NO WORK FOR NICHOLSON
UNLESS YOU COUNT LAKERS GAMES {page 21}

HUSTLE & FLO
ALBUM SALES DON'T FAZE FLO RIDA
SCENE {page 23}

VANCOUVER metro®
Thursday, December 16, 2010
www.metronews.ca
News worth sharing.

Holiday. Shopping

▶ Julia Marshburn tests out the R/C Gecko remote-controlled car at Granville Island Toy Company on Main Street yesterday.

STEPHANIE ORFORD/FOR METRO

Gecko defies gravity

Despite the recession, Granville Island Toy Company is doing steady business this holiday season. They are rushing to keep top sellers in stock, like this car, which can drive on walls and ceilings. "We get to play with toys and call it product research," said Andrew Feig, who works at the shop. Story, page 4.

Seniors in jail to lose benefits

Serial child murderer Clifford Olson receives around $1,000 a month in old-age security and guaranteed supplement income while he's in prison

A controversial law that allowed federal prisoners to collect old-age pensions has now been axed after thousands of Canadians wrote to Parliament and demanded the law be overturned.

Gregory Thomas, with the B.C. branch of the Canadian Taxpayers Federation — which collected 46,000 signatures for a petition calling for an end to the legislation — referred to the moment as "democracy in action."

"(Roughly) 356,000 Canadians made it clear to the politicians that this was unacceptable," he said.

The bill was signed into law yesterday and will come into effect on Jan. 1, 2012.

David Toner, co-founder of Vancouver victim-rights group Families Against Crime and Trauma, had been lobbying for an end to prisoners' entitlements.

"It think that it's the right thing to do, given that people who are incarcerated are there to be punished."
DAVID TONER, FACT

"I'm sorry it's going to take until 2012 to do that. If anyone stops to do the math, that's a lot of money going into prisoners' pockets in the meantime," Toner said.

"With all the cutbacks to victims' services, the extra cash can go somewhere more appropriate, instead of continuing to pay prisoners for another year."

KRISTEN THOMPSON

Give gifts that are a cinch

Get in the zone with only nine days till Christmas {pages 29-44}

Kesler lifts Canucks to win

Vancouver beats Columbus 3-2 in extra time {page 45}

Our Gift to You
CoastSaver
VICTORIA or NANAIMO ONE WAY TRAVEL
Dec. 29 to Jan. 5
$39.95* CAR & DRIVER
RESERVE NOW!
› Reserve now to guarantee your space. bcferries.com • 1-888 BC FERRY (1-888-223-3779)
* One way travel between: Tsawwassen-Swartz Bay, Tsawwassen-Duke Point and Horseshoe Bay-Departure Bay, in either direction. Visit bcferries.com for complete details.
BCFerries
Experience the difference™

Sweater
$14.95
H&M

Expansion raises parking questions

The multi-hectare expansion of Hasting Park's green space and carnival grounds comes mostly at the expense of parking, which is set to significantly shrink under council's approved plan.

A yearly influx of summer guests to the PNE and Playland has long been a source of contention for local residents, who either try to profit from or discourage visitors from parking on their property to escape the park's quickly filled lots.

According to Coun. Raymond Louie, the city's tentative plan is to construct a large, underground parking lot in the park's northwest corner, in the area of Hastings Racetrack.

"That's our preference, but it will depend on whether we can get the funding," he said.

J.J. MCCULLOUGH

New river, improved theatre to come

As the city's 20-year plan for Hastings Park slowly comes to fruition, numerous new attractions are set to reshape the historic site.

Perhaps the most dramatic change will be a nearly one-kilometre "daylighted stream" that will snake across the park, connecting the Burrard Inlet to the park pond.

Other changes include giving the PNE's open-air Amphitheatre a permanent roof and constructing a new community centre in Hastings Community Park.

J.J. MCCULLOUGH

JEFF HODSON/METRO

▶ PNE president Mike McDaniels at the wooden roller coaster this fall.

A greener future for Hastings Park

- Historic park to gain 20 hectares of green space
- New trails to connect to nearby New Brighton Park

J.J. MCCULLOUGH
VANCOUVER@METRONEWS.CA

More rides and more green space will define the future of Hastings Park, according to a new, multi-decade plan for the area passed by Vancouver City Council Tuesday.

Debates over the future of the iconic city space — which is home to numerous Vancouver landmarks, including the PNE, Playland, Pacific Coliseum, Empire Fields and Hastings Racecourse, has consumed the city's attention for more than a year, with dozens of open houses, committee meetings and public hearings held on the matter.

According to Coun. Raymond Louie, who chairs the PNE board, around 55 per cent of those "engaged" with the process were supportive of the plan's end result.

After council amendments, the $208-million, 20-year plan will see Playland gain eight new acres of carnival space and add eight hectares of wooded parkland.

"Having 50 per cent of the park proposed as green space represents a significant improvement over what it is now, which is mostly asphalt," said Louie.

121 years

Since its opening in 1889, the municipally owned Hastings Park has undergone numerous evolutions.

- The PNE celebrated its centennial anniversary in 2010.
- From 1970 to 1995 Hastings' Pacific Coliseum was the home of the Canucks.
- Hastings Racecourse is one of the city's oldest businesses, having opened in 1892.

1 news

ScanLife

An unusual Vietnamese religion struggles to survive as its refugee scholars dwindle. Scan code for story.

1 Download the free ScanLife application with your smartphone at 2dscan.com

2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at m.metronews.ca

On the web at metronews.ca

Don Cherry, Toronto Mayor Rob Ford and the politics of class warfare. More at metronews.ca/spindoctor

Follow us on Twitter @vancouvermetro

Shoppers fight on, despite recession

Future Shop's Robson store staffs 80 to 160 people every day Number of people who made online orders on Boxing Day would make a lineup 60 kilometres long

STEPHANIE ORFORD/FOR METRO

Granville Island Toy Company employees Andrew Feig and Julia Marshburn challenge each other to Scrabble Flash.

As we round the bend to Christmas and Mariah Carey Christmas ballads serenade shoppers across the city, Vancouver retailers are preparing for the annual last-minute gift rush.

The toy business is thriving despite the recession, said Joanna Mileos, owner of Granville Island Toy Company.

Customers aren't buying as many big-ticket items, like dollhouses and play kitchens, as last year, said Mileos, but they're buying more smaller items.

This weekend Mileos expects a rush.

"A lot of people are probably like me — last-minute shoppers," she laughed. "We're just making sure our shelves are as full as they possibly can be and (that we have) extra staff to help people."

Future Shop expects 30 million Canadian customers this month, said Elliott Chun, the store's communications manager. Holiday sales at Future Shop are up this year.

"We are seeing people come in, especially in the Vancouver area, and make big-ticket purchases like HD TVs or 3-D TVs," a trend he attributed partly to low TV prices.

Boxing Day will be a big day for the electronics retailer, with seasonal hiring having begun in October.

STEPHANIE ORFORD

Must-haves

Top-selling gifts at Granville Island Toy Company:

- R/C Gecko remote control car
- Beyblades duelling spinning tops
- Scrabble Flash electronic game

At Future Shop:

- Compaq Presario 15.6" laptop
- Call of Duty: Black Ops (3-D–ready) for Xbox 360 and PlayStation 3
- Xbox 360 Kinect

Candidates ratchet up the promises

JEFF HODSON/METRO FILE

De Jong

Liberal leadership candidates are floating election-related proposals that could see an early election or more young voters, depending on who's left standing at the helm once Liberals have cast their votes for a new leader.

Contender Christy Clark says she'll move up the next provincial election, now set for May 2013, if she wins the February contest to succeed outgoing Premier Gordon Campbell.

She said two years to wait for an election under a newly elected Liberal leader is too long.

Clark doesn't mention that a snap election may give the Liberals a political advantage over the opposition New Democrats, who also find themselves looking for a new leader after the resignation of Carole James.

Simon Fraser University marketing strategy professor Lindsay Meredith said yesterday that the early election call allows the Liberals to ambush the fractured New Democrats and could help the Liberals escape the pressure of several threatened MLA recall campaigns over the government's hated harmonized sales tax.

"If you can get the NDP on short notice before they are organized enough to provide a good organized counterattack, maybe you stand a chance in the election," he said.

Fellow leadership contender Mike de Jong said he would lower the voting age from 18 to 16 to encourage more young people to get interested in politics. De Jong said the move is designed to improve declining voter turnouts in B.C. elections. THE CANADIAN PRESS

A big deal from a small guy.
Get up to $75 off a new Koodo phone PLUS up to a $75 bonus gift.[2]
Plus get a free MINI MUCHACHO collectible figurine.[3]
Samsung Intensity™ $150 $100 Sale price $0 With the Tab[1]
INQ Chat 3G $175 $150 Sale price $0 With the Tab[1]
BlackBerry® Curve™ 8530 $275 $200 Sale price $50 With the Tab[1]
Koodo mobile
Offer ends December 31, 2010.
Good call
BEST BUY FUTURE SHOP LONDON DRUGS Walmart
(1) Subject to approved credit. (2) Bonus gift will vary by store location. See store for full details. Bonus gift available with new activations only. While quantities last. (3) While quantities last. BlackBerry, RIM, Research In Motion and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. All other trademarks are the property of their respective owners.
Koodo shop
Aberdeen Mall
Brentwood Town Centre
Coquitlam Centre
Guildford Town Centre
Lougheed Town Centre
Mayfair Shopping Centre
Metropolis at Metrotown
Oakridge Centre
Orchard Park Shopping Centre
Park Royal Shopping Centre
Richmond Centre

FREE XBOX 360®*

Offers like this make other offers jealous.

Get a FREE Xbox 360®* with the purchase of a Windows® Phone 7, only at TELUS. Limited time offer from December 15 to 19.

FREE Xbox 360®*

LG Optimus™ 7

$99.99 | $499.99

3 year term | No term

SAVE $400

HTC 7 Surround™

$99.99 | $449.99

3 year term | No term

SAVE $350

telusmobility.com/xbox

TELUS

the future is friendly®

TELUS AUTHORIZED DEALERS

LOWER MAINLAND

Vancouver

551 Robson St.

Bentall Centre

Oakridge Centre

Pacific Centre

2163 West 4th Ave.

689 Thurlow St.

925 West Georgia St.

1855 Burrard St.

3121 West Broadway

2748 Rupert St.

525 Seymour St.

625 Howe St.

950 West Broadway

1707 Robson St.

1092 Kingsway

3490 Kingsway

2338 Cambie St.

Burnaby

Brentwood Mall

Crystal Square

Lougheed Mall

Metrotown/Metropolis

4501 North Rd.

4711 Kingsway

3823 Henning Dr.

3430 Brighton Ave.

Coquitlam

Coquitlam Centre

2700B Barnet Hwy.

3278 Westwood St.

3000 Lougheed Hwy.

2988 Glen Dr.

1071 Austin Ave.

New Westminster

Royal City Centre

North Vancouver

Capilano Mall

Lynn Valley Centre

1199 Lynn Valley Rd.

1295 Marine Dr.

1801 Lonsdale Ave.

1392 Main St.

Richmond

Admiralty Centre Mall

Ironwood Mall

Parker Place

Richmond Centre

12571 Bridgeport Rd.

West Vancouver

Park Royal Shopping Centre North/South

Whistler

7009 Nesters Rd.

Squamish

Garibaldi Village

For more details on these great offers, visit your TELUS authorized dealer or telusmobility.com or call 1-866-264-2966.

*Offer available December 15 to 19, 2010, while quantities last, for clients (new and renewal) who activate a Windows Phone 7 device on a 3 year term with a Clear Choice voice and data rate plan of $50 or greater. TELUS, the TELUS logo, the future is friendly and telusmobility.com are trademarks of TELUS Corporation, used under licence. Microsoft and Windows Phone are trademarks of the Microsoft group of companies. Xbox and Xbox 360 are registered trademarks of Microsoft Corporation in the United States and other countries. All other trademarks are the property of their respective owners. © 2010 TELUS.

Early. Sneak Peak

▶ Dancer Mara Vinson, right, hands autographed ballet slippers to Guled, 11, who was at the Centre in Vancouver For Performing Arts yesterday to watch a dress rehearsal of Goh Ballet's The Nutcracker.

KRISTEN THOMPSON/METRO

Ballet slippers with a signature

Children from Canuck Place Children's Hospice were treated to a sneak peek of the ballet, which plays in Vancouver today through Sunday. For information or tickets, visit gohballet.com.

Small-town food banks lie empty

For information on how to help, visit foodbanksbc.ca

KIMIYA SHOKOOHI
VANCOUVER@METRONEWS.CA

The organization representing food banks in B.C. says the province is dealing with its largest food shortfall in 25 years — with the pinch being most acute in smaller communities.

"The rural areas are getting hurt," said Don Armstrong, president of Food Banks B.C.

"We're trying to figure out how we can get food farther out there."

As Food Banks B.C. struggles to stock its shelves in rural areas, it turns to metropolitan cities to fill the small-town demands.

"We're trying to get trucks to take the food from Vancouver to smaller cities," Armstrong said.

They're currently paying trucking companies full price to transport the food.

Food Banks B.C. has put out a call for help, asking for a charitable discount or assistance in transporting food to different communities in the province.

"So far," Armstrong said, "we have found nobody."

▶ Rural areas of the province get hit the hardest when food banks see a decrease in items.

MEMBERS GET
UNLIMITED TALK & TEXT WITH NO ZONE RESTRICTIONS.
Get it all with no fixed-term contract.
$50/mo. gets you:
• Unlimited Local Calling
• Unlimited Text
• No Zone Restrictions!
DEMAND THE VIRGIN MOBILE SUPERTAB virginmobile.ca/unlimited50
EXCLUSIVE
SAMSUNG GRAVITY™ 3 $0
SAMSUNG GRAVITY™ TOUCH $49.99
Virgin mobile
IT'S BETTER TO BE A MEMBER
Available on talk and text phones in select provinces only. Some phone models and colours may not be available at retailers.
THE SOURCE FUTURE SHOP Walmart BEST BUY LONDON DRUGS Visions ELECTRONICS WIRELESSWAVE booth wireless WIRELESS etc... COSTCO WHOLESALE
All pricing and plans are subject to change without notice. Cannot be combined with any other offers unless otherwise indicated. Prices require activation on the Virgin Mobile SuperTab™. For the full details go to virginmobile.ca/super. Taxes extra. Retailers may sell for less. "Virgin Mobile" and the Virgin Mobile logo are trade-marks of Virgin Enterprises Ltd. and used under license by Virgin Mobile Canada. All other trademarks are the property of their respective owners and used with permission.

Are you concerned that tougher new drinking and driving laws could mean **having your car impounded** and **driver's licence suspended?**

Are you **worried about getting home safely after having drinks** in a bar or restaurant? We need:

More Night Buses Now!

Police roadblocks....Tougher drinking-driving laws....Cars impounded, drivers' licenses suspended.

But how do you get home after going out for dinner or drinks with friends?

Everyone opposes drunk driving and its tragic consequences of injury and death.

Tough new provincial government laws on drinking and driving are reducing impaired drivers on our roads.

But those laws are also having an unintended consequence — **restaurants and bars have suffered dramatic drops in revenue** due to the new laws as people simply stop going out at night.

They don't want to take a chance of being charged with impaired driving and have their car impounded.

That's bad news for restaurants and bars. It means lost jobs, lost revenue and harm to our Metro Vancouver economy.

There is a good solution however — more public transit at night.

Currently there are only 12 Night Bus lines — 11 originating in downtown Vancouver — offering limited service. And SkyTrain stops running just after 1 p.m.

The union representing Metro Vancouver's 3,500 bus drivers is urging the provincial government to provide TransLink with additional funding to provide more Night Bus service and to extend SkyTrain hours, especially on weekends.

And CAW Local 111 is being joined by restaurant and bar associations who are concerned about the negative impact new drinking and driving laws are having on their business members.

"We want our customers to get home safely after a night out — increased public transit at night is one obvious solution."
JOHN TETI, CHAIRMAN OF BARWATCH

"Restaurants want to see more public transit service so that our customers can enjoy their dinner out, drink responsibly and not take chances driving home."
IAN TOSTENSON, PRESIDENT OF THE BC RESTAURANT AND FOODSERVICES ASSOCIATION

CAW TCA CANADA LOCAL 111

TELL THE BC GOVERNMENT YOU WANT:

- **More Night Bus service**
- **Longer SkyTrain operating hours**

NAME .....

ADDRESS .....

CITY .....

POSTAL CODE .....

EMAIL .....

PLEASE USE THIS COUPON TO SEND BC TRANSPORTATION MINISTER SHIRLEY BOND AND THE PROVINCIAL GOVERNMENT A CLEAR MESSAGE.

Dear Transportation Minister Bond:
We need More Night Buses Now!

I/we urge you to act immediately to provide TransLink funding needed for more Night Bus service and extended SkyTrain hours to provide a safe transportation alternative for those out at night who drink and don't want to drive.

MAIL TO:

BC Transportation Minister Shirley Bond
c/o CAW Local 111, 326 – 12th Street
New Westminster, BC V3M 4H6

WWW.WORKINGDESIGN.NET

www.MoreBusesNow.ca

Join the MoreNightBusesNow page on Facebook

Tourism slogs on during city's soggy season

Does the rain have a negative effect on tourism in the winter?

"It's obviously not our high season," said Emily Armstrong with Tourism Vancouver.

"We definitely still market the city during the winter months. We promote the culinary scene and all the cultural (activities) like plays."

In some cases, she said, the rain is actually a draw.

"If you go to the Dr. Sun Yet Sun garden when it rains, the tiles are designed for when the rain falls so it looks like pearls."

Armstrong added that outdoor activities are still accessible because it doesn't get too cold and snowy.

"Vancouver is so green because of rain, and the rainforest itself is an attraction," she said. "The forest is kind of cool when it's raining."

THINGS TO DO ON A RAINY DAY:

- Take a culinary tour of Granville Island Public Market. Learn about local ingredients and what to do with them. Info: edible-britishcolumbia.com.
- Recharge in the tropical heat of the Bloedel Floral Conservatory at Queen Elizabeth Park. Info: vancouverparks.ca.
- Embrace the rain with a guided rainforest tour and gourmet lunch in Lighthouse Park. Info: rockwoodadventures.com.
- Duck out of the rain at the Vancouver Art Gallery or Museum of Anthropology, or catch a show at one of Vancouver's live theatres.

KRISTEN THOMPSON

▶ A woman dodges through umbrellas in Vancouver.

iPhone 4 works best on the best network.

Get on Canada's best network and get the fastest speeds, the largest high speed coverage, clear reception and the fewest call failures.[1]

Plus, enjoy access to Canada's largest Wi-Fi network in over 750 locations, including Starbucks®.

3-yr. term $159.95[2] | No term $659.95

SAVE $500
with a $50 voice and data plan

iPhone 4

Bell being with Bell just got better

Available at:

TIMES TELECOM

Burnaby, Crystal Mall, 604 419-8888
Burnaby, Metrotown, 604 267-8888
Richmond, Aberdeen Centre, 604 304-7777
Richmond, 5811 Cooney Road, Suite 400, 604 279-8787
Richmond, Parker Place, 604 233-8888
Richmond, Simon Fraser University, 604 288-0111
Surrey, Central City Shopping Centre, 604 957-3388
Vancouver, Tinseltown, 604 647-6666
Vancouver, 3565 Kingsway, 604 439-8888

Offer ends December 31, 2010. Available within network coverage areas available from Bell Mobility. Long distance and roaming charges (including foreign taxes) may apply outside your local area. Other monthly fees, e.g., 911 (Quebec: $0.40, New Brunswick: $0.53, Nova Scotia: $0.43, P.E.I.: $0.50), and one-time device activation ($35) apply. Paper bill service charge ($2/mo.) applies unless you register for e-bill and cancel your paper bill. Upon early termination, price adjustments apply; see your Service Agreement for details. Subject to change without notice; not combinable with other offers. Taxes extra. Other conditions apply. (1) With compatible HSPA+ devices. Based on comparison of national networks: (a) fastest network, according to tests of average upload and download speeds in large urban centres across Canada, (b) largest network, based on total square kms of coverage, and (c) fewest call failures based on tests including network access failures, blocked calls and dropped calls in large urban centres across Canada; all on the shared HSPA+ network available from Bell, vs. Rogers HSPA/HSPA+ network. Excludes roaming partners' HSPA and GSM/Edge coverage in certain parts of Manitoba and Saskatchewan. Speed may vary due to topography, environmental conditions, device type and other factors. HSPA+ not available in all areas. Bell.ca/network. (2) With new activation on a post-paid voice and data plan or a post-paid voice plan and a data feature with a min. value of $50/mo. Price applies to the 16GB model. Apple and iPhone are trademarks of Apple Inc. Starbucks is a registered trade-mark of Starbucks Corporation.

22088_Set4-Ver1 YVR v2

JENNIFER GAUTHIER/FOR METRO

How to beat the wet-weather woes

15 to 20 per cent of us suffer from the winter blues, according to a UBC professor About 3 per cent of the population gets seasonal affective disorder, an extreme form of the winter blues

RAIN CITY

KRISTEN THOMPSON
@METRONEWS.CA

Advice to share?

What do you do to beat the winter or rainy-day blues? Tweet us @vancouvermetro to let us know.

It can be hard to remind ourselves we live in one of the most beautiful cities on Earth when the winter rains start — when the beaches empty and the sun sets before 4 p.m., and we have to trade in our trade flip-flops for galoshes.

For some of us, the fleeting daylight and perpetual drizzle does more than give us the winter blues.

According to Raymond Lam, a psychiatry professor at the University of B.C. and director of the mood-disorders centre on campus, extreme winter doldrums — or seasonal affective disorder — is a form of clinical depression.

"The interesting thing about SAD is it only affects people during the winter, and that's different from other types of depression," he said.

"We think it's more related to latitude than weather conditions. It's related to the length of the day, and the days get shorter as you go farther north."

Part of the theory is that there's a disturbance of the biological clock, which is controlled by light.

SAD — as opposed to plain old winter blahs — manifests itself in various ways including low mood, loss of interest, over-eating, weight gain, fatigue and over-sleeping.

"How we treat people is through light therapy," Lam said. "They only need about 30 minutes of exposure to this (high dose of) light every day.

"It also works better in the very early morning because it may be that the timing of the light is more important than the amount of light."

Lam added that the winter weather — the cold, grey drizzle — can also compound the depression because it makes people reduce their outdoor activities.

For anyone affected by Vancouver's dreary winters, he suggests dressing for the elements and going outside.

"Spend more time outdoors even when it's dull and grey," he said. "Take a lunchtime walk, get some exercise and eat less heavy lunches."

Oceans, mountains key to rain

Ever wonder what it is that gives Vancouver its drizzly climate?

According to meteorologist Lisa Coldwells of Environment Canada, it all comes down to our proximity to the Pacific Ocean and the mountains.

"Generally … weather moves from the west to east," she said.

"Directly to our west is a nice big ocean and we get Pacific systems coming in over Vancouver. They hit the mountains and it just rains on the city.

"You go to Merritt on the other side (of the mountains) and you see a stark contrast. It's so much drier because the weather systems have rained themselves out."

KRISTEN THOMPSON

Rainfall

- The wettest Vancouver day on record was Dec. 25, 1972, when it rained 89.4 mm.
- The wettest month is November, with an average rainfall of 178.5 mm.

ADVERTISING FEATURE

Slimband® Housecall
Q&A with Dr. Yau

Dr. Patrick Yau
MD, FRCSC
General & Bariatric Surgeon
Slimband® Weight Loss Centre

***Q** I am 37-years-old and have always struggled with my weight. After trying every diet out there, I have come to the conclusion that nothing works for me. I don't want to keep struggling with my body image and self confidence anymore; I want to finally start enjoying my life. A friend recommended the Slimband® laparoscopic band surgery. What exactly does this procedure entail? Is it just a surgical solution, or a complete support program?*

A The laparoscopic gastric banding procedure is a minimally invasive 30-minute, same-day surgery where a band is placed around the top most part of the stomach. Once in place, the band can be adjusted to restrict the volume of food patients can consume with each meal. When the band is properly adjusted, it generally takes just one cup of food for patients to feel full from a meal. In essence, your food portions and consumption become well controlled with this operation.

However, many patients require additional support in order to achieve long-term success. Over-eating and obesity can stem from issues other than portion control; improper food choices or emotional eating is often caused by lack of nutritional knowledge, medical issues, depression, or stress.

In order to develop the healthy habits necessary for weight loss and lifelong control, there needs to be more than just the surgery. Look for a clinic that offers a comprehensive program that is designed to help achieve your weight loss goals. Support such as nutritional and psychological counseling, individual and group support, as well as seminars on how to make the necessary lifestyle changes that promote weight loss and good health, all help in maximizing your weight loss. Medical studies that have analyzed various weight loss treatments have proven the most important factor for success is post-surgery follow-up.

A successful procedure needs to be part of a program run by a multidisciplinary team that tackles many challenges a patient faces during their weight loss journey.

Call our toll-free number to book a free consultation:
1-800-298-0684
Slimband® Vancouver opening Spring 2011!

Sex offender denied parole

Desousa meets criteria for psychopathy: 2008 psychological report

A "deviant" sexual offender who has spent his entire adult life in prison has been rejected yet again for parole.

His name was Adam Laboucan when he became Canada's youngest dangerous offender for sexually assaulting a three-month-old boy at the age of 17 — but he's since changed his name to Tara Desousa.

In the dozen years since the former Quesnel man has been in prison, he's been caught prostituting himself to other prisoners, using drugs, threatening to kill a female guard, found with a homemade knife and was stabbed by another inmate.

Of particular concern to the board was Desousa's confession to killing a three-year-old child in a fit of anger when he was just 11 years old. He was never criminally charged.

Since his last parole board review in 2008, Desousa has married a fellow inmate, but parole documents say he now wants a divorce and hasn't seen his husband since the man's release in 2009.

In a written decision released yesterday, the parole-board panel refuses Desousa's release, saying a complex set of risk factors related to his gender identity, impulsive behaviour, violence and sexual deviance puts him at high risk to reoffend. THE CANADIAN PRESS

JEFF HODSON/METRO FILE

▶ Whitecaps president Bob Lenarduzzi speaks to reporters in June.

Whitecaps, MLS rivals target travelling fans

The Vancouver Whitecaps have reached a unique agreement with their historic Pacific Northwest rivals, which will make it easier for fans to travel to away Major League Soccer games.

Under the plan, the Whitecaps, Portland Timbers and Seattle Sounders will make up to 500 tickets available for visiting fans. This will allow the away supporters to sit in the same section and cheer on their teams.

Paul Barber, Vancouver's chief executive officer, said the ticket arrangement made sense because of the close proximity of the three cities and the rivalries built in previous leagues. THE CANADIAN PRESS

RBC Royal Bank®

More hours.
More choice.

With more hours in our Metro Vancouver branches, the Internet, and telephone banking, getting the advice you need when you need it has never been easier.

www.rbcadvicecentre.com

Advice you can bank on™

® Registered trademarks of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. ™ Trademarks of Royal Bank of Canada. 30132 (08/2010)

ROGERS™ authorized dealer

BURNABY
Crystal Mall
4500 Kingsway
(604) 718-2112
Lougheed Town Centre
(604) 420-7979
101-3855 Henning Dr.
(604) 431-2900
Metropolis at Metrotown
(Near Skytrain) (604) 433-8000
(Near SilverCity) (604) 430-3903
(Near T&T) (604) 432-9303
COQUITLAM
The Coquitlam Centre
(604) 941-6122
DELTA
Bayside Village
(604) 943-3602
5180 Ladner Trunk Rd.
(604) 946-7100
Scottsdale Centre
(604) 590-9011
FERNIE
522 2nd Ave.
(250) 423-2171
LANGLEY
Willowbrook Shopping Centre
(604) 532-8400
(604) 532-9099
Fraser Crossing
(604) 532-0440
MAPLE RIDGE
Valley Fair Mall
(604) 466-1675
330-20395 Lougheed Hwy.
(604) 460-2888
NEW WESTMINSTER
Royal City Mall
(604) 777-9906
NORTH VANCOUVER
B-1301 Marine Dr.
(604) 983-3335
Park and Tilford Mall
(604) 988-2803
120a-1199 Lynn Valley Rd.
(604) 984-8900
RICHMOND
Aberdeen Centre
(604) 279-9187
Lansdowne Mall
(604) 247-2355
Aberdeen Centre
(604) 303-8811
Richmond Centre
(604) 273-2203
SOUTH SURREY
South Point Exchange
(604) 531-2500
SURREY
701-6476 176th St.
(778) 571-0776
Central City Mall
(604) 583-7000
500-18696 Fraser Hwy.
(604) 576-6360
Centre of Newton
(604) 599-5522
Nordel Crossing
(604) 543-8886
VANCOUVER
Bentall Centre Mall
(604) 602-0968
City Square
(604) 876-0888
920 Davie St.
(604) 684-5981
107-370 E. Broadway
(604) 879-1003
103-1807 Burrard St.
(604) 736-3326
6510 Fraser St.
(604) 325-6665
Kingsgate Mall
(604) 879-1003
1022 Mainland St.
(604) 608-2448
Oakridge Centre
(604) 267-1011
601 Robson St.
(604) 682-4333
1093 Robson St.
(604) 628-1388
1795 Robson St.
(604) 605-8290
148-555 W. 12th Ave.
(604) 876-0888
5759 West Blvd.
(604) 267-6383
2691 W. Broadway
(604) 736-1813
102B-2160 Western Parkway
(604) 221-5505
WEST VANCOUVER
Park Royal Mall North
(604) 921-1302
Park Royal Mall South
(604) 921-4880

ROGERS plus

BURNABY
6512 Hastings St.
(604) 291-9068
7645 Royal Oak Ave.
(604) 451-0233
Old Orchard Shopping Centre
(604) 433-6125
COQUITLAM
Westwood Plateau Village
(604) 464-5862
Como Lake Village
(604) 931-8104
DELTA
Sunshine Hills Shopping Centre
(604) 591-7767
MAPLE RIDGE
22430 Dewdney Trunk Rd.
(604) 463-2231
Westgate Shopping Mall
(604) 460-6527
NEW WESTMINSTER
Royal Square Mall
(604) 515-8213
NORTH VANCOUVER
Capilano Mall
(604) 983-9744
1661 Lonsdale Ave.
(604) 980-7291
PORT COQUITLAM
Prairie Mall
(604) 552-3316
Shaughnessy Station
(604) 941-2423
RICHMOND
192-8180 No. 2 Rd.
(604) 275-4848
8900 No. 1 Rd.
(604) 241-0711
Garden City Shopping Centre
(604) 244-7800
SURREY
Clover Square Village
(604) 574-6341
Evergreen
(604) 581-2287
10340 152nd St.
(604) 588-8900
Peninsula Village Shopping Centre
(604) 535-8828
101-7175 138 St.
(604) 599-8880
TSAWASSEN
Bayside Shopping Centre
(604) 943-9940
VANCOUVER
2097 W. Broadway
(604) 733-3999
2696 E. Hastings St.
(604) 254-9555
5503 West Blvd.
(604) 266-6097
8377 Granville St.
(604) 266-1500
1295 Davie St.
(604) 669-7377
2200 York Ave.
(604) 732-5007
1027 W. 15th Ave.
(604) 731-1699
Victoria Square
(604) 301-1836
PACIFIC CENTRE
(604) 801-5292
WEST VANCOUVER
Park Royal Shopping Centre
(604) 926-2623
180-5341 Headland Dr.
(604) 925-6470

IF IT ISN'T IN HD, HOW MERRY CAN IT BE?

FROM **$149.99*** with select 3-yr. term plans

HD TABLETS

With the hottest new HD tablets from Rogers, you get crystal clear, hi-def images like you've never seen before. Now you can lose yourself in games, apps, surfing and images on large HD-quality, tablet-sized screens. Seeing is believing. And once you do, you'll agree, everything's better in HD.

ROGERS™

VISIT **ROGERS.COM/HDPHONES** FOR MORE INFORMATION.

ROGERS™ authorized dealer · ROGERS plus · «WIRELESSWAVE» · WIRELESS etc... · COSTCO WHOLESALE · FUTURE SHOP · sony style · booth wireless · BEST BUY · Walmart

*Offer available Nov 5, 2010 and subject to change without notice. Not all products available at all locations. *Dell Streak $149.99 and Samsung Galaxy Tab $539.99; each with new activation on any 3-yr. term voice and data plan. Taxes extra. Early cancellation fees apply. © 2010

OIL DISASTER

U.S. sues BP over Gulf spill

The Justice Department in Washington, D.C., yesterday sued BP Exploration and Production Inc. and eight other companies in the Gulf oil spill disaster in an effort to recover billions of dollars from the largest offshore spill in U.S. history.

The lawsuit alleges that safety and operating regulations were violated in the period leading up to April 20. The Obama administration's lawsuit asks that the companies be held liable without limitation under the Oil Pollution Act for all removal costs and damages caused by the oil spill, including damages to natural resources.

It says that the defendants failed to keep the Macondo well under control during that period. THE ASSOCIATED PRESS

Evacuation drill staged in S. Korea

South Koreans stopped their cars, donned gas masks and ducked into underground shelters yesterday in the country's biggest-ever evacuation drill — a government attempt to prepare traditionally indifferent citizens for possible new attacks by North Korea. THE ASSOCIATED PRESS

UN lifts Iraq nuke sanctions

The UN Security Council yesterday lifted sanctions that prohibited Iraq from pursuing a civilian nuclear program, in a symbolic step to restore the country to the international standing it held before Saddam Hussein's 1990 invasion of Kuwait. THE ASSOCIATED PRESS

Labour protest leads to violence in Athens

ALKIS KONSTANTINIDIS/(THE ASSOCIATED PRESS

▶ Protesters throw petrol bombs during clashes in Athens, yesterday. Hundreds of protesters clashed with riot police across central Athens, smashing cars and hurling gasoline bombs during a massive labour protest.

▶ Riots erupt after 20,000 protesters march to parliament

Protesters clashed with riot police across Athens yesterday, torching cars, hurling gasoline bombs and sending Christmas shoppers fleeing in panic during a general strike against the government's latest austerity measures..

Police fired tear gas and flash grenades as the violence escalated outside parliament and spread to other parts of the capital.

Angry unions triggered the 24-hour strike to protest new labour reforms and pay cuts as Greece struggles to reshape its economy under conditions set by a 110-billion-euro ($146-billion) international bailout. The strike also grounded flights, closed factories, disrupted hospitals and shut down trains, ferries and buses across the country.

7th It was the seventh strike this year by unions appalled at a wave of austerity policies meant to pull Greece out of its worst financial crisis since the Second World War.

In Athens, youths wearing black masks and ski goggles used sledgehammers to smash paving stones and hurled the rubble at police. A post office near parliament briefly caught fire, forcing employees and bystanders to run for safety.

Christmas shoppers fled as rioters hurled petrol bombs wrapped in bundles of firecrackers, causing small explosions when they landed. THE ASSOCIATED PRESS

FLIGHT CENTRE® Unbeatable

Airfares

Jamaica from $199 + taxes & fees $270

Las Vegas	from $198 + taxes & fees $107
London	from $199 + taxes & fees $506
Puerto Vallarta	from $199 + taxes & fees $276
Cancun	from $259 + taxes & fees $274
Los Cabos	from $285 + taxes & fees $290
Honolulu	from $418 + taxes & fees $100
Maui	from $459 + taxes & fees $120
Panama	from $489 + taxes & fees $236
Costa Rica	from $599 + taxes & fees $240
Hong Kong	from $669 + taxes & fees $217
Tokyo	from $679 + taxes & fees $377
Belize	from $769 + taxes & fees $371
Sydney	from $819 + taxes & fees $436

All-inclusive Vacations

Puerto Vallarta 7 Nights 4-Star from $597 + taxes & fees $274

Los Cabos 7 Nights 4-Star	from $618 + taxes & fees $274
Puerto Plata 7 Nights 4-Star	from $697 + taxes & fees $322
Ixtapa 7 Nights 4-Star	from $767 + taxes & fees $274
Varadero 7 Nights 4-Star	from $876 + taxes & fees $222
Jamaica 7 Nights 4-Star	from $877 + taxes & fees $270

Christmas All-inclusives

Punta Cana 7 Nights 4-Star from $800 + taxes & fees $303

Puerto Vallarta 7 Nights 4-Star	from $808 + taxes & fees $273
Los Cabos 7 Nights 4-Star	from $1088 + taxes & fees $224

USA

Las Vegas Air from Bellingham + 3 Nights from $179 + taxes & fees $37

INCLUDES accom on the Strip.

Anaheim Air + 4 Nights	from $399 + taxes & fees $127

INCLUDES accom adjacent to *Disneyland* Resort.

Napa Valley Air + 3 Nights + Car	from $529 + taxes & fees $121

INCLUDES accom in the heart of wine country & 3-day car rental with unlimited mileage.

New Orleans Air + 3 Nights 4-Star	from $559 + taxes & fees $144

INCLUDES accom near the French Quarter and New Orleans famed riverfront.

Grand Canyon Air + 3 Nights + Car	from $599 + taxes & fees $129

INCLUDES accom a short walk from the South Rim and 3-day car rental with unlimited mileage.

Cruises

Florida & Bahamas March Break 7-Night Cruise	from $476 + taxes & fees $147

CRUISE roundtrip New York and visit Orlando (Port Canaveral), Great Stirrup Cay & Nassau.

Family Vacations

Sun Peaks Christmas Special 3 Nights from $99◊ taxes & fees included

INCLUDES pet-friendly accom in the heart of Sun Peaks Ski Resort. Price per person based on family of 4. BOOK this package based on double occupancy from $199.

Victoria New Year's Family Special 2 Nights	from $89◊ taxes & fees included

INCLUDES 4-star accom close to Victoria's Inner Harbour over New Year's Eve weekend. Price per person based on family of 4. BOOK this package based on double occupancy from $149.

Orlando Family Special Air + 7 Nights	from $399◊ + taxes & fees $119

INCLUDES accom close to theme parks. Price per person based on family of 4. BOOK this package based on double occupancy from $459.

Honolulu Family Special Air + 7 Nights	from $599◊ + taxes & fees $115

INCLUDES Waikiki accom. Price per person based on family of 4. BOOK this package based on double occupancy from $779.

LOWEST AIRFARE GUARANTEE We will beat any airfare quote or you fly free!†

1 866 502 4576 | TEXT Join our Insider Club for hot deals. Text YVR to 131 600 | flightcentre.ca | Visit us in store.

Conditions apply. Ex: Vancouver. Air only prices are per person for return travel unless otherwise stated. Package, cruise, tour, rail & hotel prices are per person, based on double occupancy for total length of stay unless otherwise stated. All-inclusive packages include air. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. ◊Price per person for quad occupancy (2 adults & 2 children ages 2-17). † We will beat any written quoted airfare by $1 and give you a $20 voucher for future travel. "Fly Free" offer applies only where all "Lowest Airfare Guarantee" criteria are met but Flight Centre does not beat quoted price. Additional important conditions apply. For full terms and conditions visit www.flightcentre.ca/lowestairfareguarantee-flyfree. BC REG: #H02790

"MY RESOLUTION IS TO HAVE MORE FUN, MORE FUN FOR LESS MONEY."

START 2011 NOW WITH

0%* APR FOR UP TO 72 MONTHS

PURCHASE FINANCING

On select new 2011 models

AND $0 DOWN PAYMENT

2011 TODAY FROM FORD

Smart On Fuel

2011 FUSION S

6.2L/100km hwy, 9.5L/100km city†

Purchase for only

$21,449

YES, YOU CAN PAY BI-WEEKLY

Own for only

$169* @ 6.99% APR

Financed over **72** Months with **$0** Down payment.
Offers include $1,450 freight and air tax.

2011 FOCUS SE SPORT

5.6L/100km hwy, 8.0L/100km city†

Purchase for only

$18,999

YES, YOU CAN PAY BI-WEEKLY

Own for only

$122* @ 0% APR Includes No Extra-Charge Heated Seats with Sport Package

Financed over **72** Months with **$0** Down payment.
Offers include $1,450 freight and air tax.

2011 FIESTA S SEDAN 4.9L/100km hwy, 6.8L/100km city†

Purchase for only

$14,349**

AUTOMOBILE JOURNALISTS ASSOCIATION OF CANADA
BEST NEW SMALL CAR (UNDER $21,000)

YES, YOU CAN PAY BI-WEEKLY

Own for only

$113* @ 6.99% APR

Financed over **72** Months with **$0** Down payment. Offers include $1,350 freight.

PLUS

ONLY FORD LETS YOU RECYCLE YOUR **2003 OR OLDER** VEHICLE AND GET **UP TO $3,300▼** TOWARDS MOST NEW FORD VEHICLES.

This offer is in addition to incentives currently offered when combined with the $300 available from the Retire Your Ride program, funded by the Government of Canada on qualifying vehicles of model year 1995 or older. Incentives range from $1000 to $3000. Visit www.ford.ca for details.

In Partnership with Summerhill IMPACT, car heaven, Retire Your Ride Canada's Vehicle Recycling Program

COSTCO WHOLESALE

MEMBERS GET AN ADDITIONAL **$1,000 OFF***

ON MOST 2010 AND 2011 FORD VEHICLES. VISIT FORDCOSTCO.CA

HURRY, IT'S 2011 TODAY AT YOUR BC FORD STORE. BUT IT WON'T BE FOR LONG.

Drive one.

bcford.ca

WISE BUYERS READ THE LEGAL COPY: Dealer may sell or lease for less. Limited time offers. Offers may be cancelled at any time without notice. Factory order or dealer transfer may be required. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. *Receive 0% APR purchase financing on new 2011 Ford (Edge (excluding SE)/Fusion (excluding S), Taurus (excluding SE), Flex (excluding SE), Escape (excluding I4 manual)/Focus (excluding S)) models for a maximum of (48/60/72) months to qualified retail customers, on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest interest rate. Example: $20,000 purchase financed at 0% APR for 48/60/72 months, monthly payment is $416.67/$333.33/$277.78, cost of borrowing is $0 or APR of 0% and total to be repaid is $20,000. Down payment on purchase financing offers may be required based on approved credit from Ford Credit. Taxes payable on full amount of purchase price. Or choose 0%/6.99%/6.99%/6.99% APR purchase financing on a new 2011 Focus SE Sport with no-extra charge heated seats / 2011 Fiesta S Sedan / 2011 Fusion S for a maximum of 72 months to qualified retail customers, OAC from Ford Credit. Not all buyers will qualify for the lowest APR payment. Purchase financing monthly payment is $264 / $245 / $166 (the sum of twelve (12) monthly payments divided by 26 periods gives payee a bi-weekly payment of $122 / $113 / $100 with a down payment of $0 or or equivalent trade-in. Cost of borrowing is $0 / $3,258.85 / $4,872.84 or APR of 0%/6.99%/6.99% and total to be repaid is $18,999 / $17,608.85 / $20,321.84. All purchase finance offers include freight and air tax of $1,450 / $1,350 / $1,450 but exclude variable charges of license, fuel fill charge, insurance, registration, PPSA, administration fees, any environmental charges or fees, and all applicable taxes. Taxes are payable on the full amount of the purchase price. Bi-Weekly payments are only available using a customer initiated PC (Internet Banking) or Phone Pay system through the customer's own bank (if offered by that financial institution). The customer is required to sign a monthly payment contract and furnish a cheque in the amount of the first bi-weekly payment on the contract date. Subsequent bi-weekly payments will be made via a PC or Phone Pay system commencing 2 weeks following the contract date. Dealer may sell for less. Offers vary by model and not all combinations will apply. Offers are available to customers taking retail incentives and may only be available on approved credit (OAC) from Ford Credit. **Or Cash Purchase a new 2011 Focus SE Sport with no-extra charge heated seats / 2011 Fiesta S Sedan / 2011 Fusion S for $18,999 / $14,349 / $21,449. Taxes payable on full amount of purchase price. Offers include freight and air tax of $1,450 / $1,350 /$1,450 but exclude variable charges of license, fuel fill charge, insurance, registration, PPSA, administration fees, any environmental charges or fees, and all applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. ▼ Program in effect from Oct. 1/10, to Jan. 3/11 (the "Program Period"). To qualify for a Ford Recycle Your Ride Program ("RYR") rebate ("Rebate(s)"), customer must qualify for and take part in either the "Retire Your Ride Program" delivered by Summerhill Impact with financial support from the Government of Canada, or Summerhill Impact's "Car Heaven Program". To qualify for the "Retire Your Ride Program", which offers $300 cash or rebate on the purchase of a 2004 or newer vehicle, customer must turn in a 1995 model year or older vehicle in running condition (able to start and move) which has been properly registered and insured for the last 6 months (12 months in B.C.) to an authorized recycler. To qualify for the "Car Heaven Program", customer must turn in a 2003 model year or older vehicle in running condition which has been registered and insured for the last 6 months to an authorized recycler. If a customer qualifies for Car Heaven or Retire Your Ride, Ford of Canada ("Ford") will provide an additional Rebate, with the purchase or lease of an eligible new 2010/2011 Ford or Lincoln vehicle, in the amount of $1,000CDN (Focus (excluding 2011 S), Fusion (excluding 2011 S), Mustang (excluding Shelby GT500 and 2011 Value Leader), Transit Connect, Ranger (excluding 2011 XL)), $2,000CDN (Taurus (excluding 2011 SE), Escape (excluding 2011 XLT I4 Manual), Edge (excluding 2011 SE), Flex (excluding 2011 SE), Explorer (excluding 2011 Base models), Sport Trac), or $3,000CDN (F-150 (excluding Raptor and 2011 Regular Cab XL 4x2), F-250-550, E-Series, Expedition, MKZ, MKS, MKX, MKT, Navigator) (each an "Eligible Vehicle"). Rebate amount may be used as a down payment. Taxes payable before Rebate amount is deducted. RYR Rebates are available to residents of Canada only excluding Northwest Territories, Yukon Territory, and Nunavut. Eligible Vehicle must be purchased, leased, or factory ordered during the Program Period to qualify for a Rebate. Rebates can be used in conjunction with most retail consumer offers made available by Ford at either the time of factory order or delivery, but not both. Rebates are sales Rebates not available on any vehicle receiving CPA, GPC, Commercial Connection, or Daily Rental Rebates and Commercial Fleet Incentive Program (CFIP). Limited time offer, see dealer for details or call Ford Customer Relationship Centre at 1-800-565-3673. ©2010 Ford Motor Company of Canada, Limited. All rights reserved. ■ Offer valid from Dec 1/10 to Jan 31/11 (the "Offer Period") only to resident Canadian Costco members with a membership on or before November 30, 2010. Use this $1,000CDN Costco member offer towards the purchase or lease of most new 2010/2011 Ford or Lincoln vehicles (excluding all Focus, Ranger, Shelby GT500, Raptor, F-650 &F-750 and 2011 Fiesta S) each an "Eligible Vehicle". This offer is sain checkable. The new vehicle must be delivered and/or factory-ordered from your participating Ford Motor Company of Canada ("Ford") dealer within the Offer Period. Offer is only valid at participating dealers, is subject to vehicle availability, and may be cancelled or changed at any time without notice. Only one (1) offer may be applied towards the purchase or lease of one (1) Eligible Vehicle, up to a maximum of two (2) separate Eligible Vehicle sales per Costco Membership Number. Offer is transferable to members domiciled with an eligible Costco member. This offer can be used in conjunction with most retail consumer offers made available by Ford at either the time of factory order (if ordered within the Costco Offer Period) or delivery, but not both. This offer can be combined with RCL Program incentives, but cannot be combined with the Commercial Connection Program. For small fleets with an eligible FIN, this offer can be used in conjunction with the Small Business Incentive Program (SBIP). Offer is not combinable with any CPA/GPC or Daily Rental incentives or the Commercial Fleet Incentive Program (CFIP). Customer may use the $1,000CDN as a down payment or choose to receive a rebate cheque from Ford, but not both. Applicable taxes calculated before $1,000CDN offer is deducted. Dealer may sell or lease for less. Limited time offer, see dealer for details or call the Ford Customer Relationship Centre at 1-800-565-3673. ©2010 Ford Motor Company of Canada, Limited. All rights reserved. †Estimated fuel consumption ratings for 2011 Fiesta 1.6L manual/Focus 2.0L manual/Fusion S 2.5L manual. Fuel consumption ratings based on Natural Resources Canada approved test methods and competitive information available at the time of posting. Actual fuel consumption may vary based on road conditions, vehicle loading, and driving habits.

Offer wraps up December 24

All the bells for a lot less jingle.

$45 Value

Our best deal ever.

Now $30
Fixed Monthly Rate

Unlimited
- Canada Wide Calling
- Text Messaging • Voicemail • Caller ID

Plus much more

$60 Value

Except for this one.

Now $40
Fixed Monthly Rate

Unlimited
- Data • Global Text Messaging
- North America Wide Calling
- BlackBerry Internet Service • Voicemail • Caller ID

Plus much more

mobilicity™
mobilicity.ca

Offer only available until December 24, 2010. See mobilicity.ca or in-store for details. Taxes are extra. To have unlimited use of the features included in each plan, they must originate within the Mobilicity Unlimited Coverage area, see our coverage map for details. 'Text Messaging' refers to text and picture messages sent to Canada and the continental US only. 'North America Wide Calling' includes Canada and continental US only. 'Global Text Messaging' applies to select countries and does not include picture messaging. Terms and conditions apply. Subject to change without notice. © 2010 Mobilicity. 'Mobilicity' and the Mobilicity logo are trademarks of Mobilicity.

Mobilicity Stores

Burnaby
4500 Kingsway, Unit 1639 (Crystal Mall)

Coquitlam
562 Clarke Road, Unit E

Delta
8673 - 120th St, Unit B
7031- 120th St (Scottsdale Mall)

New Westminster
135- 555 6th St (Westminster Centre)

Richmond
8180 No 2 Rd, Unit 128
5330 No 3 Rd, Unit 982
(Lansdowne Mall)
8181 Cambie Rd
(Presidents Plaza)
4151 Hazelbridge Way, Unit 1030
(Aberdeen Mall)
8700 McKim Way, Unit 1083
(Admiralty Centre)

Surrey
10255 King George Blvd
15122- 72nd Ave, Unit 110
8128 - 128th St, Unit 306
10320 - 152nd St, Unit 55
10153 King George Hwy
(Central City)

Vancouver
1651 Commercial Dr, Unit 105
2460 Commercial Dr, Unit 1
(Broadway & Commercial Skytrain Station)
568 Dunsmuir St
2390 East Hastings St
6330 Fraser St, Unit 105
1463 Kingsway Ave
3081 Main St
526 West Broadway
555 West Hastings, Unit 15 (Harbour Centre)
88 West Pender St (Tinseltown)

Health-care costs linked to poverty: Report

Author calls on all levels of government for solutions

Some 20 per cent of Canada's health-care costs can be directly attributed to low income and education levels, a new report says.

And reducing the innate health risks that poverty carries requires lifting the socioeconomic status of the country's poorest people, according to a Health Council of Canada report.

"There is a direct correlation (between) low incomes, low socioeconomic status and health," council head John Abbott says.

"And when you look at the pressures on the health-care system, who is using the system, it tends to be that same group."

Abbott says solutions must come from all government agencies that can have a hand in poverty reduction. "We need all the ministries sitting around and saying, 'Look, what can we do, what can we contribute to start to rebalance this in Canada?"

Abbott says new government initiatives should be assessed, in part, on their likely impact on health, particularly in relation to socioeconomic factors.

He says he doesn't know if the health costs associated with poverty would simply be counterbalanced by new financing for socialequalization programs.

Yet while that "math can be done," the alleviation of suffering would justify it, he says. TORSTAR NEWS SERVICE

Closing the gap

The link between low income levels and chronic diseases such as Type 2 diabetes is well established.

- **Yet, factors that make poverty** itself a health risk will remain endemic among the poor unless the socioeconomic gaps themselves are closed.
- **Health-promotion programs** aimed at decreasing high-calorie, processed-food diets and increasing exercise levels do not penetrate society's lower reaches, where education levels are poorer.

THE ASSOCIATED PRESS

▶ Riot police officers detain a protester outside the Kievsky train station in Moscow yesterday.

1,000 held in Moscow over riots

New scuffles erupt after weekend of racially motivated violence

Russian police fearing more clashes between racist hooligans and ethnic minorities detained 1,000 people in a standoff near a Moscow train station yesterday, taking a strong stance against far-right extremists after weekend rioting left dozens injured.

Hundreds of riot police outside the Kievsky station hauled mostly young men and teenagers shouting racist slogans into police vans. Officers confiscated an arsenal of weapons, including knives and metal bars, police spokesman Viktor Biryukov said.

Resentment has been rising among Slavic Russians over the growing presence in Moscow of people from the southern Caucasus region, the home of numerous ethnic groups, most of them Muslim.

People from other parts of the former Soviet Union, including Central Asia, Armenia and Azerbaijan, also face ethnic discrimination.

THE ASSOCIATED PRESS

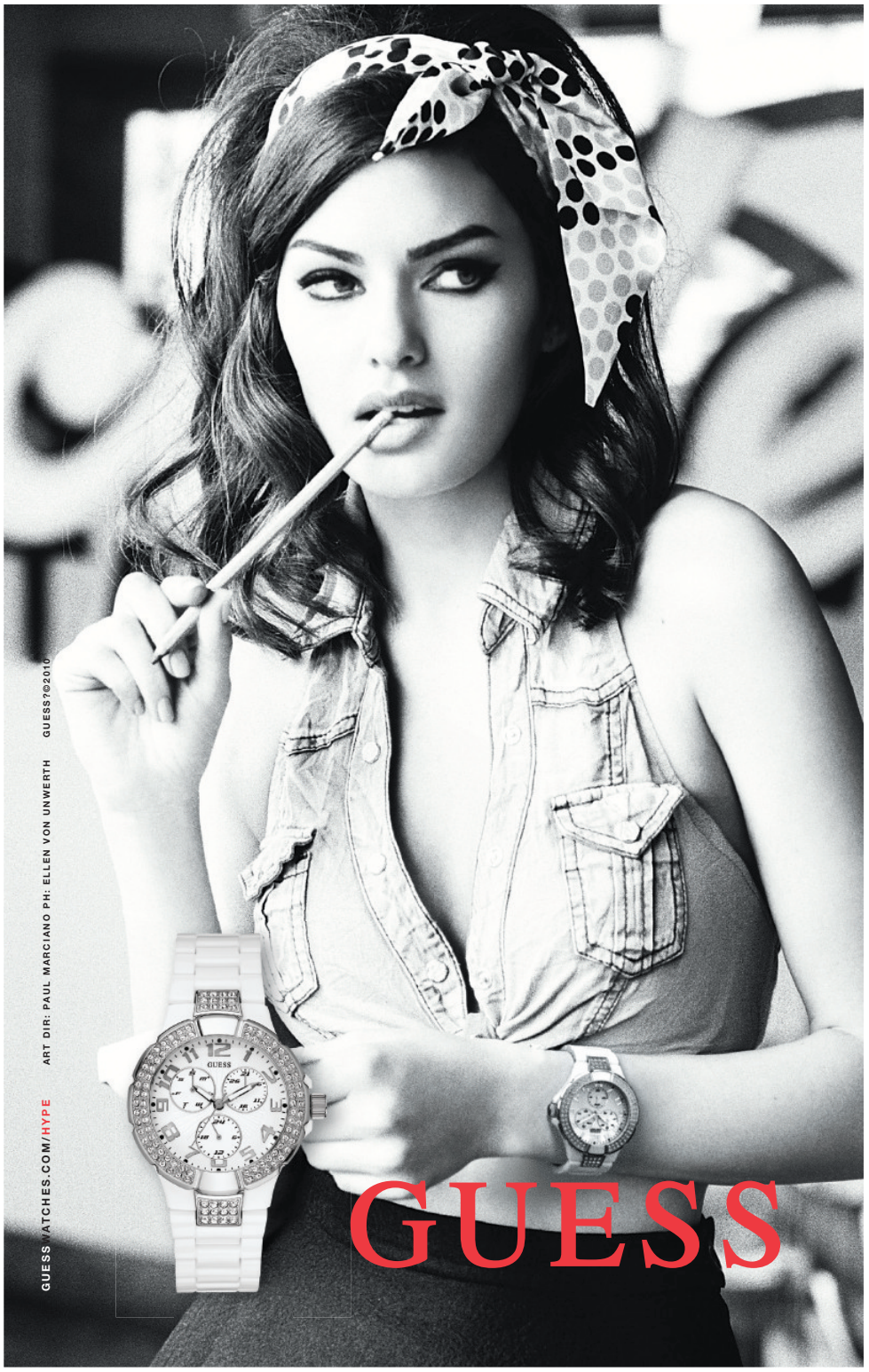
Foreign aid. Afghanistan

▶ Reto Stocker

MUSADEQ SADEQ/THE ASSOCIATED PRESS

Red Cross under attack

Reto Stocker, head of the International Committee of the Red Cross, yesterday sounded a warning of an increase in the number of Afghan armed groups interfering in the Red Cross's work, as bombings killed three children and two NATO soldiers died elsewhere.



Carol Ship Dinner Cruise
Join the spectacular Parade of Lights & treat yourself to a gourmet buffet, dancing & caroling aboard our luxurious ship, the Pride of Vancouver
From $44.95
(per person plus grats + HST)
Dec. 3 to 23, 2010
Ask about New Years Eve!
PRIDE OF VANCOUVER CHARTERS LTD
(604) 687-5533 · www.vancouvercharters.com

RESIDENT CARE ATTENDANT
BC Government approved Curriculum & 8-week Practicum
- The Most Competitive Tuition Fee - $5900
- Student Loans Available & EI Funding Accepted
- Job Placement Assistance Provided

Daytime, Evening and Weekend Classes
www. rcit.edu
Royal Canadian Institute of Technology
Vancouver 604-879-5676 Surrey 604-588-7248

FITNESS LEADERSHIP
DIPLOMA PROGRAM
Become a Personal Trainer
Morning, Afternoon & Evening Classes
EARN UP TO $70/HOUR
Govt financial aid may be available
Hilltop Academy
604-930-8377
www.hilltopacademy.ca

SUBHANKAR BANERJEE/THE ASSOCIATED PRESS

▶ A polar bear is shown in the Arctic National Wildlife Refuge in Alaska. Global warming can be slowed enough to prevent a total loss of critical summer sea ice for polar bears, according to a new study released yesterday.

Polar bears not doomed: Study

‘The problem is not irreversible’: Research author

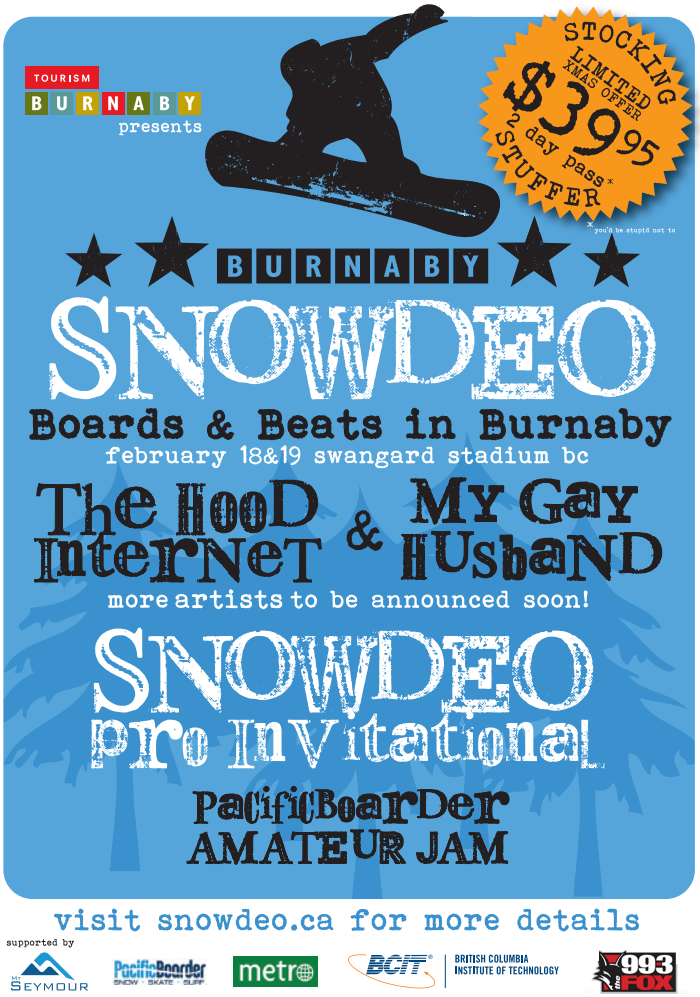
Two groups of scientists are suggesting a sliver of hope for the future of polar bears in a warming world.

A study published online yesterday rejects the often used concept of a “tipping point,” or point of no return, when it comes to sea ice and the big bear that has become the symbol of climate change woes. The study optimistically suggests that if the world dramatically changed its steadily increasing emissions of greenhouse gases, a total loss of critical summer sea ice for the bears could be averted.

Another research group projects that even if global warming doesn’t slow — a more likely near-future scenario — a thin, icy refuge for the bears would still remain between Greenland and Canada.

A grim future for polar bears is one of the most tangible and poignant outcomes of global warming. Four years ago, federal researchers reported that two-thirds of the world’s polar bear habitat could vanish by mid-century.

THE ASSOCIATED PRESS



9 SHOPPING DAYS LEFT

ONE DAY ONLY
THURSDAY, DECEMBER 16, 2010

BUY ONE, GET THE SECOND ONE
FREE**

*ALL WOMEN’S REG. PRICED
LEVI’S®, LOIS®, BUFFALO®, ATTITUDE®/MD, CALVIN KLEIN JEANS, KENSIE® AND KENSIE GIRL® FASHIONS

*ALL MEN’S REG. AND CLEARANCE PRICED
POINT ZERO®, LEE®, PROJEK, CLAIBORNE®, UNLISTED®, SOLITUDE, NEVADA®/MD AND UNIONBAY® FASHIONS

POINT ZERO
UNIONBAY
PROJEK FEW
NEVADA
ATTITUDE
SOLITUDE
Lee
Levi’s
Lois
kensie
ATTITUDE
Buffalo
Calvin Klein Jeans

40% OFF
*ALL WOMEN’S REG. PRICED
HANDBAGS, BELTS, WALLETS, COLD WEATHER & FASHION ACCESSORIES AND LEATHER GLOVES

40% OFF
*ALL WOMEN’S, MEN’S & KIDS’ REG. PRICED
BOOTS

GET $20 OFF INSTANTLY
when you spend $100 or more† on reg. priced fragrances and cosmetics.
†Before taxes. In store only. $20 will be deducted from your purchase price. Offer valid until Dec. 19, 2010. Excludes Special Purchase designer fragrances priced at 19.99-39.99 and other fragrance savings offers at participating Sears Department stores. Ask for details.

*These savings offers exclude items with prices ending in .97 & .88, Catalogue and online purchases, work boots, Nike® boots, women’s outerwear & activewear, men’s dresswear & currently advertised items. While quantities last. **Second item must be of equal or lesser value and must accompany any returns

NE123G710 © 2010. Sears Canada Inc.

Sears

By the numbers

3.2%

Improving financial market conditions and lingering low interest rates will boost Canadian economic growth to 3.2 per cent next year, slightly more robust than 2010's projected growth of 3.1 per cent, according to the latest economic outlook from RBC Economics. Growth slowed in the third quarter of this year, largely due to softness in the housing market and U.S. economy, the report said.

4.8%

New data show Canadian home sales grew in November for the fourth straight month but continued a trend of unfavourable comparisons to the same month last year, when sales reached record levels. The Canadian Real Estate Association said home resales were up 4.8 per cent last month compared to October. Home resales have also rebounded by 19.5 per cent from July, when the market hit a trough following the introduction of new mortgage rules, higher interest rates and a new tax in two provinces.

$154.4M

Dundee Real Estate Investment Trust is set to buy real estate investor and developer Realex Properties Corp. for $154.4 million in cash. Calgary-based Realex's value is pegged at $385 million. THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

DOLLAR	Natural gas 1,000 cu ft	Oil	TSX
+ 0.25¢ (99.60¢ US)	$4.222 (– 3.3¢) Gold contracts $1,386.20 (– $18.10)	+ 34¢ US ($88.62 US)	– 51.01 (13,229.07)

Watchdog, credit card firms face off over fees

Visa, MasterCard say retailers can offer discounts for cash or debit

RYAN REMIORZ/THE CANADIAN PRESS

▶ Visa and MasterCard process about 90 per cent of all credit card transactions in the country.

Canadian shoppers are paying all around higher prices because major credit card companies forbid retailers from charging credit card users a fee at the checkout, Canada's competition watchdog claims.

In an application filed yesterday with the Competition Tribunal, the Competition Bureau alleges that a "no-surcharge" rule and other policies of both Visa and MasterCard are "restrictive and anti-competitive."

The filing has reignited a war of words between the bureau on one side and the credit card companies on the other, who say the rules actually protect consumers from retailers who could slap fees on transactions and discriminate against card users.

Store owners are currently charged between 1.5 per cent and three per cent per credit card transaction, but the "no-surcharge" rule prevents them from tacking on a surcharge to offset the extra amount. The bureau claims those fees add up to about $5 billion per year in hidden credit card fees for Canadian merchants — who pay some of the highest levels in the world.

Competition commissioner Melanie Aitken maintains that encourages businesses to bury the surcharges in the prices of all their products — no matter what payment method is used.

The bureau also takes issue with credit card policies that prevent retailers from encouraging consumers to use other payment options, like cash or debit, which cost retailers less, and a requirement that merchants must accept all credit cards offered by a company, including premium cards that carry higher fees for acceptance.

However, the credit card companies and a consumer association argued that removing the rules would allow merchants to charge credit card users exorbitant fees that can vary wildly while at the same time keeping current prices intact.

MasterCard said if businesses were forced to charge a fee for use, it would result in a form of discrimination against credit card holders, who would have to pay more for using the cards.

THE CANADIAN PRESS

PURINA

I'm an expert in stress management.

Pets. They're four paws of wonder. To learn more, join the online debate. Let's talk pets at pawsway.ca

A Purina Pet Project

Trademarks owned by Société des Produits Nestlé S.A., Vevey, Switzerland.

McDonald's sued for selling toys

San Francisco first city to prohibit fast-food restaurants from including toys with children's meals

KAREN BLEIER/AFP/GETTY IMAGES

▶ Santa Clara County, Calif., passed an ordinance similar to San Francisco's ban.

A California mother and the Center for Science in the Public Interest have sued McDonald's Corp., trying to get the fast-food chain to stop using toys to market meals to young children.

The lawsuit was filed in California Superior Court in San Francisco yesterday.

They claim McDonald's decision to market its meals directly to young children violates several consumer protection laws because it exploits a child's vulnerability.

San Francisco prohibited fast-food restaurants from including toys with children's meals that don't met nutritional guidelines.

THE ASSOCIATED PRESS

RBC Royal Bank®

12 DAYS OF HOLIDAY FINANCIAL TIPS

TIP #9: STAY CONNECTEED WITH YOUR SPENDING

Stay connected with your holiday spending. Use online banking tools to regularly check your balances and expenses.

For more holiday financial tips, go to rbc.com/holidaytips

Advice you can bank on™

® Registered trademarks of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. ™ Trademarks of Royal Bank of Canada.

DINE OUT VANCOUVER™

Presented by TOURISM VANCOUVER

Vancouver's celebration of BC food and wine. January 24 to February 6, 2011.

Make it a Night Out during Dine Out. Choose from one of the three Dine Out Hotel rates: $68, $98 or $138. The following hotels have created these special rates for the Dine Out Vancouver period (valid for stays between January 24th and February 6)*:

$68

- Comfort Inn Downtown
- Quality Hotel Downtown – The Inn at False Creek
- Sandman Hotel Vancouver City Centre
- Delta Burnaby Hotel & Conference Centre
- Happy Day Inn
- North Vancouver Hotel

$98

- Best Western Downtown Vancouver
- The Empire Landmark Hotel
- Holiday Inn Hotel & Suites Vancouver Downtown
- The Listel Hotel
- Sandman Suites on Davie
- The Sutton Place Hotel
- Best Western Chateau Granville
- Inn at the Quay
- Century Plaza Hotel & Spa
- Delta Vancouver Airport
- The Georgian Court Hotel
- Granville Island Hotel
- Holiday Inn Vancouver Centre
- Radisson Hotel Vancouver Airport
- Sunset Inn & Suites
- Vancouver Airport Marriott
- Days Inn Vancouver Downtown
- Pinnacle Hotel at the Pier

$138

- Delta Vancouver Suites
- Hyatt Regency Vancouver
- Pan Pacific Vancouver
- The Westin Grand Vancouver
- Coast Coal Harbour Hotel
- Holiday Inn North Vancouver
- Time Square Suites
- Metropolitan Hotel Vancouver

Book now at tourismvancouver.com/dovhotels

PROUD SPONSORS

WINES OF BRITISH COLUMBIA Our land, revealed.

Kronenbourg 1664

MEDIA SPONSORS

KVOS TELEVISION

metro

TOURISM VANCOUVER TELEVISION in your hotel

Vancouver MAGAZINE

where

* Rates are quoted in Canadian currency, are subject to availability and based on double occupancy. Valid only for stays between January 24, 2011 and February 6, 2011.

GIMME SHELTER – THE CANADIAN VERSION

He says ...

JOHN MAZEROLLE

Thanks to man's hubris and God's Great Plan, this country is being walloped by extreme weather, raising the spectre of car accidents, property damage, and a slew of Canadian disaster movies with names like Snow! and The Day Saskatchewan Stood Still.

The recent bad weather — affecting everyone from coast to coast except Margaret Wente and Rex Murphy — reminds us that Canada will be hit by more calamities as the Earth's weather patterns change.

Deluges. Dumpings. Death from the skies. It won't be long before Environment Canada's special weather statements just say, "Pray."

Meteorologists concerned about climate change spend months analyzing information from dozens of satellites, hundreds of monitoring stations, and thousands of hands sticking out windows. Then they give up, call a press conference, and blame everything on El Nino.

That might sound imprecise, but it's a big improvement on the early 1900s, when weather prognosticators relied largely on the reactions of barnyard animals. For instance, a meteorologist would take a live chicken, throw it into the air, and make his wind readings based on the chicken's speed, direction, impact crater, and giblet radius.

We at Metro care deeply about you, the reader, because you, the reader, could one day become you, the advertiser, which is why I've prepared a special chart that explains the different levels of storm and how quickly they will kill you. You're welcome.

Category 1: Trees sway; reporters' raincoats flutter; kids go sliding. (Media designation: Snowmageddon)

Category 2: Telephone wires whistle; reporters standing in the snow yell, "There's a lot of snow!"; televisions tragically lose reception late in the third period. (Media designation: Apocalypse (S)now)

Category 3: Telephone poles whistle; storm jokes appear in late-night monologues; reporters comically flap in the breeze à la Kermit the Frog in a Big Bad Wolf sketch. (Media designation: Possible El Nino Link Storm)

Category 4: Television news executives whistle; people pray to Jesus; storm cleanses gene pool of particularly stupid surfers. (Media designation: Possible al-Qaida Link Storm)

Category 5: People pray to all available gods; crazy people yell, "You call this a storm?" then blow away; script rights for movie sold to Michael Bay. (Media designation: Award Nomination Storm).

Fortunately, winter eventually comes to an end. Then all you'll have to worry about is droughts, skin cancer, and hurricanes. Metro reminds you to have a live chicken ready, just in case.

Read more of John Mazerolle's columns at metronews.ca/hesays

Cartoon

MICHAEL DE ADDER

$h*! that Santa says

Worth mentioning

Santa has succumbed to Twittermania. Actually, multiple Santas of varying integrity have succumbed to Twittermania. Some are honest-to-goodness jolly old elves who want to bring joy into the hearts of children around the world. Others would like to sell you things. A few are downright rude.

Here are a few of your options:

You would not let your child watch @loadedsanta if he was on TV. He has a foul mouth and, apparently, a venereal disease.

Loaded Santa has one competitor in the "Most Vulgar" category. That would be @RealSantaClaus, full name Santa Hussein Claus.

NORAD Santa has clout. In fact, @noradsanta is so well-connected that he appears to have hired someone to tweet for him — probably a young, nerdy elf. He's a little dry — maybe he's following military protocol? — but otherwise @noradsanta is as good as it gets.

@NorthPolePost, who, like the others, touts himself as "the real" Santa. He tweets about how cute Mrs. Claus is and how much he loves lamb stew. He responds to tweeted letters from his fans without swearing. If St. Nick is really on Twitter, this could be him.

TORSTAR NEWS SERVICE

Jolly old tweeter

TORSTAR NEWS SERVICE FILE

Who is your favourite person to follow on Twitter?

Email
vancouverletters@metronews.ca
Twitter
@vancouvermetro

Metro has the right to edit letters and submissions.

metro

METRO VANCOUVER • #250 - 1190 Homer Street • Vancouver, BC • V6B 2X6 • T: 604-602-1002 • Fax:604-648-3222 • Advertising number: 604-602-1002
metronews.ca/vancouver/advertise
metronews.ca/vancouver/contactus
Publisher Maryse Lalonde, **Managing Editor** Jeff Hodson, **Distribution Manager** George Acimovic
METRO CANADA: Group Publisher Bill McDonald, **Editor-in-Chief** Charlotte Empey, **National Deputy Editor** Fernando Carneiro, **Associate Managing Editor** Tarin Elbert, **Scene/Life Editor** Dean Lisk, **Asst Managing Editor** Amber Shortt, **Art Director** Laila Hakim, **Nat'l Sales Director** Peter Bartrem, **Interactive/Marketing Director** Jodi Brown

Metro Minute with Off-White Christmas

If you are looking for a unique holiday show, Off-White Christmas is the place to start.

Vancouver TheatreSports League presents a humorous, alternative look at Christmas that turns the holiday upside down. The setting is a Christmas dinner where a family plays TheatreSports games, including a one-act impromptu musical created by an audience suggestion. The shows are never the same. It plays tonight at 7:30 and stars Alan Marriott, Jeff Gladstone and others.

The show runs until Dec. 23 at the Improv Centre on Granville Island (1502 Duranleau St.). Tickets are $9.99 for adults and $7.99 for students. Visit vtsl.com for more info.

AYAKA KAWAI

COURTESY OF PETER WILLIAMS

▶ Vancouver TheatreSports League actors in Off-White Christmas.

All play and no work makes Jack happy

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

▶ Jack Nicholson reunited with writer-director James L. Brooks for the upcoming comedy How Do You Know.

It's been three years since Jack Nicholson's last movie — The Bucket List with Morgan Freeman — but the Hollywood icon wouldn't exactly say he's been missing a lot of work.

"I love it, not working," Nicholson says. "I'm kind of a guy who likes to prove things. Everybody always said, 'You couldn't not work.' Well, I'm kind of proving them wrong."

His latest, How Do You Know, finds him playing Paul Rudd's intimidating father, watching his son navigate a love triangle with Owen Wilson and Reese Witherspoon.

The movie re-teams Nicholson and writer-director James L. Brooks, who has twice directed to an Academy Award.

"He's kind of close to me. It's a privilege to work with Jim," Nicholson says. "A couple Oscars didn't hurt cementing the relationship. That's how you know you're in love."

Just because they're old friends doesn't mean Brooks goes easy on the 73-year-old actor. In fact, Nicholson says, his old pal can be a bit tough sometimes. "This crying scene I had with Paul [Rudd], I'm doing it like this and all of a sudden [James] comes running out from the back and he says, 'I don't think we want the grips laughing around the television set in the middle of a scene like this.'" Nicholson remembers.

"And I thought, 'This is a comedy. I never had direction like this.' Don't make anybody laugh! I thought, Jesus Christ. Then he forgot it! I told him this the other night and he forgot he did it. Somehow it's inspiring."

With nothing new on his agenda, Nicholson is looking forward to returning to his life of leisure.

"I like not working. I know that's kind of hideous and blasphemous, but I really do," he says. "And I think I've started to infect others of my young guys. I had a conversation with Leo [DiCaprio] and he said, 'Geez, I love not working.' I said, 'See what I mean?' I don't want to infect him."

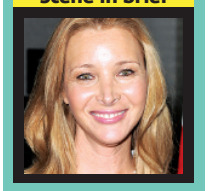
So what keeps Nicholson busy if it's not acting? "I just like getting up some time between 11 and 1 p.m., which is not movie hours — unless you're doing night movies," he starts before listing off his current hobbies. "Play golf. I got a couple of kids in college, so I'm on the phone a lot. See my pals, chase women around. Not too much. Talk to my congressman, go to funerals."

And what about going to the Staples Center, where Nicholson can regularly be seen sitting courtside, supporting the Los Angeles Lakers?

"That's more of a job," he says with a gruff laugh. "I have to be there."

2 scene

Scene in brief



Lisa Kudrow's TV series Who Do You Think You Are? has lined up Tim McGraw, Lionel Richie and other stars who want to trace their family roots. NBC said the new season will also include Rosie O'Donnell, Steve Buscemi, Vanessa Williams, and Kim Cattrall.
THE ASSOCIATED PRESS

Roger Ebert's new movie review TV show to premiere in January, cleared for 192 US markets. Learn how to scan on page 3.

Kids fly FREE!
Plus, hook every 4th night free.

Treat the family to this magical deal at the *Disneyland* Resort in California.
For every adult that flies, one child flies FREE.† Plus, receive your 4th night free when you book a 3 night vacation package that includes a 4-Day *Disneyland* Resort *Park Hopper* Bonus Ticket.**

WestJet Vacations package includes:
- Round-trip air to Los Angeles, California
- 4 nights for the price of 3 at *Disney's Paradise Pier* Hotel
- 4-Day *Disneyland* Resort *Park Hopper* Bonus Ticket

Book by December 31, 2010 for travel between January 4 to February 16, 2011.
Call us at **1 877 737 7001** or contact your travel agent.

Round trip from Vancouver:
Per adult from **$819*** CDN plus $180 taxes
Per child from **$162*** CDN plus $108 taxes

Disneyland Resort California "Where dreams come true"
WESTJET vacations

*Round trip from Vancouver. Advertised price is valid for travel on January 19, 26, 31, February 3 & 9, 2011. Other departure dates available, prices may be higher. Prices are accurate at time of printing deadline. Taxes, fees and transfers not included. Advance booking required. New bookings only. Offer is limited and subject to availability. Non-refundable and non-transferable. Subject to change without notice. Other restrictions may apply. †KIDS FLY FREE is valid for bookings made by December 31, 2010 (11:59 MST) for travel until February 16, 2011. Blackout dates apply. Valid for travel to Los Angeles when a minimum 4 night vacation package is purchased. One child (ages 2-17) flies free per one paying adult (18+ years). Available on call centre bookings only. Taxes and fees for free airfare are payable by guest. See westjetvacations.com for full details. **4th night free offer is valid for bookings made by February 19, 2011 for travel from January 4 to April 11, 2011 with travel being completed by April 15, 2011. Upon the purchase of a 3 night package, with 4-Day *Disneyland* Resort *Park Hopper* Bonus Tickets at a participating hotel, a fourth free, consecutive night will be added to the hotel stay. New bookings only. Excludes taxes and fees. Offer is restricted, non-combinable and advance reservations required. As to Disney artwork, logos and properties: ©Disney.

Album reviews

A classic ◍◍◍◍◍ | Buy it ◍◍◍◍ | Get the single ◍◍◍ | Borrow it ◍◍ | Don't bother ◍

Michael Jackson
Album: Michael
Label: Sony
◍◍
The challenge here is to put aside all the pre-release chatter about this album being a cash grab. Will.i.am of the Black Eyed Peas has even denounced it as "disrespectful" to the gloved one's memory. All of that maybe true. Nonetheless, there's some decent music here. These 10 tracks, after all, have been pieced together from unfinished remnants. There are times when you're left cringing and asking aloud 'is that really Michael singing?' Considering that, the estate's production team has done some Herculean work. Indeed, it's amazing that this disc contains only two or three true dogs. There's the ridiculously self-serving Breaking News, and even 50 Cent's spurious snarl couldn't save the laughably horrid Monster. The lead single Hold My Hand is more Akon than MJ but it's already doing well on the charts. Michael has its moments. The gospel-tinged Keep Your Head Up is truly uplifting and the album's top track, (I Like) The Way You Love Me, is a surprisingly delight.
GRAHAM ROCKINGHAM

Crystal Bowersox
Album: Farmer's Daughter
Label: Sony
◍◍½
Crystal Bowersox's ability to belt out blues rock ala Melissa Etheridge or Janis Joplin made her a favourite to win last year's American Idol. Her vintage-style vocals only got her to second place, though. So on her debut disc, Bowersox wisely tailors her talents toward a country rock audience, ala Miranda Lambert. The end result is impressive, but fails to deliver a star-making knockout punch. Bowersox's own songs sound pedestrian (with the exception of the quirky and uptempo Lonely Won't Come Around), while her hurried cover of the Buffalo Springfield classic For What Its Worth lacks the original's sense of forboding.
Top track: Lonely Won't Come Around.
GRAHAM ROCKINGHAM

R. Kelly
Album: Love Letter
Label: Jive
◍◍◍½
"I want to bring the love songs back to the radio" sings Robert Kelly on his tenth album. With Love Letter, his effort to do so is a valiant one, as Kells tones down the crazy quite a few notches to return to the slow jams and ballads that built his career. This makeover succeeds most on Motown throwbacks like When A Woman Loves and Love Is, which make you question why he didn't go all the way with that homage. Still, those hoping he'd return to the silk-sheeted R&B should find solace in Love Letter.
Outstanding track: Love Is.
CAM LINDSAY

Ryan Adams and The Cardinals
Album: Cardinals III/IV
Label: Pax Am
◍◍◍◍
Recorded in 2006, Adams' fifth album with the Cardinals saw them break from Easy Tiger's twang to explore some spirited rock 'n' roll. Like 2005's Cold Roses, there's too much to absorb at once, but thankfully the concept is loose and the band is fully amplified, leaving Adams to fully indulge in a tribute to The Replacements.
CAM LINDSAY

PURINA

I'm an extraordinary matchmaker.

Pets. They're four paws of wonder. To learn more, join the online debate. Let's talk pets at pawsway.ca

A Purina Pet Project

Trademarks owned by Société des Produits Nestlé S.A., Vevey, Switzerland.

Flo Rida not worried about album sales

Rapper has seen much success with his singles

Flo Rida has sold millions when it comes to hit singles, but his albums have yet to get that kind of love from music fans.

His first two albums haven't reached gold status, and his latest, Only One Flo (Part 1), debuted at No. 107 on the charts earlier this month.

But Flo Rida said he's not concerned with how many albums he sells.

"You're trying to sell records, sell singles — do it all. But I'm not too fond of even just worrying about that," he said. "The most important thing is just, you know, connecting with the fans on a worldwide basis because a lot of times you'll see numbers and that doesn't play a part in the whole worldwide numbers."

The rapper's first two CDs, 2008's Mail On Sunday and last year's

JEFF CHRISTENSEN/THE ASSOCIATED PRESS

▶ Flo Rida

R.O.O.T.S., have sold 430,000 and 266,000 units, according to Nielson SoundScan.

But Flo Rida's singles have topped the charts and sold millions digitally. His debut song, the party jam Low, has sold 5.7 million units, while the uptempo Right Round has moved 4.7 million singles in sales; both songs hit the No. 1 spot on the Billboard Hot 100 chart.

The 30-year-old said selling millions of singles is just as good as selling millions of albums.

"When you look at the numbers it definitely ... adds up to that," he said. "So I'm doing pretty good."

Club Can't Handle Me, the first single from Flo Rida's latest album, is quickly approaching double platinum status. It features French disc jockey-producer David Guetta; other guests on the album include Ludacris, Gucci Mane and Akon.

The eight-track album will have a sequel set for release "in the next couple months," Flo Rida said.

THE ASSOCIATED PRESS

Early Christmas for Sheen

Porn star alleges actor shouted racial slurs, choked her and threatened to kill her in hotel suite Sheen sued Anderson for $1M over allegations

Charlie Sheen can rest easy this holiday season, as authorities have announced he's off the hook for his Plaza Hotel rampage in which Capri Anderson accused him of terrorizing her while he trashed a hotel suite, according to TMZ.

Anderson had filed a police report accusing Sheen of assault and battery and false imprisonment.

"There will be no arrests made in the case," an NYPD official says.

METRO

Charlie Sheen

Miley angry with friend over video

Miley Cyrus is reportedly furious with Anna Oliver, the friend who supposedly shot the video of Cyrus smoking a bong filled with salvia that hit the Internet last week, according to Hollyscoop.

"Miley is really pissed because they were close," a source says, explaining that Cyrus believes Oliver had something to do with the video leaking. B

But the Disney star's anger is nothing compared to that of her fans, who went after Oliver on Twitter, forcing the young woman to deactivate her account.

METRO

Celebrity tweets

Simon Pegg [@simon pegg] Nutritionally speaking, an egg white omelet and a side of bacon is as empowering as feasting on the still beating heart if your worst enemy.

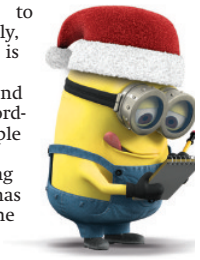
Kirstie Alley [@kirstie alley] I can't wait till you all can see gorgeous Benjamin Travolta...The handsome boy is yummy...YUMMY.

William Shatner [@william shatner] I've been told my damaged star on the Canadian Walk of Fame has been fixed. I wish I could replace my face as easily.

Steve Martin [@Steve MartinTo Go] Walked down street and no one asked for autograph. Figured out what happened: It was my turn to be not famous for 15 minutes.

Connelly, Bettany expecting new addition to family

Jennifer Connelly and husband, Paul Bettany, are looking ready to welcome another member to their family, as Connelly is expecting their second child, according to People magazine.



"Becoming a mother has made all the difference in terms of learning to take more responsibility for myself and my life," she tells the magazine.

"The biggest thing for me is wanting my kids to grow up safely and have happy lives. To me, that's enough."

Connelly and Bettany have a seven-year-old son together, and Connelly has another child, 13, from a previous relationship.

METRO

Jennifer Connelly and Paul Bettany

Hurley eager to get divorce underway

Elizabeth Hurley is reportedly in a hurry to get her divorce from Arun Nayer over with so that she can move on with new beau Shane Warne, according to Hollyscoop.

"There will be an amicable settlement with no party giving out large portions of money," a source says. "Liz doesn't want Arun's money, and neither is Arun interested in her wealth."

Hurley announced the split on Twitter earlier this week, saying the couple had ended their relationship several months ago.

METRO

Who can forget the boots Julia Roberts wore in Pretty Woman? Twenty years later, tall boots are back and this time on ladies of fashion – not just ladies of the night

Boots that kick butt

JULIA WEEKS/THE ASSOCIATED PRESS

▶ Above-the-knee boots are big in the music world, sheathing the legs of megastars such as Rihanna (shown above), Madonna and Lady Gaga.

Though thigh-high boots rocked the runway more than a year ago, it's taken some time for the trend to gain acceptance by a broader audience. Now, above-the-knee styles are adding a sexy-yet-chic statement to skinny jeans, leggings, skirts and dresses.

"Every girl wants to be a little sexy," says Stuart Weitzman, a footwear designer. "Do you know an American woman who hasn't seen Pretty Woman?"

Weitzman, who has made tall boots in past seasons, says above-the-knee boots are so popular now because women wear tights with many looks – even miniskirts and shorts. "They complement the new kind of dress that many, many girls are using today. It sort of breaks up the whole naked leg look and becomes an acceptable adaptation of modern dressing."

Options are plentiful. Choose a dramatic pair with a high heel, a mid-height wedge or a flat-bottomed boot. They come plain or embellished with chains, buckles and studs, and with details like distressing and lacing. Depending on the look you want, they can add glamour to an evening ensemble or warmth for running errands all day.

"Trust me. It's like wearing a legging. It elongates everything."
FOOTWEAR DESIGNER BRIAN ATWOOD

"They're sexy and fun and everyone can wear them in their own way," says Brian Atwood, who was recently named Footwear News' designer of the year.

The beauty of the style, he says, is that it lengthens your appearance, regardless of your height. "Trust me," he says. "It's like wearing a legging. It elongates everything."

The public just needed to adjust to a style that, for some, spur thoughts of fetishism.

The success of the high-end designer collections showed retailers that the every-day shopper was ready for the look this year, said Avril Graham, executive fashion and beauty editor of Harper's Bazaar.

"It had been seen as a very high-fashion look and super trendy," she says. "Now, it's so much more accessible. I've been travelling across the states in the last few months and I've been noticing so many more regular women are wearing this look."

THE ASSOCIATED PRESS

1 LUCKY LEGS

Lucky Brand Fabia above-the-knee boots;
piperlime.com

2 GORGEOUS GAMS

Via Spiga Georgia flat above-the-knee boot;
piperlime.com

3 SULTRY SWAGGER

Brian Atwood above-the-knee sueded RZ boot;
piperlime.com

3 life

Pumps for stunts

Angelina Jolie had her own request for stunt gear in the new movie The Tourist: stilettos. Jolie did her stunts in Salvatore Ferragamo heels. The heel height came down a bit for the most active scenes, but "she basically toughed it out in her shoes," says costume designer Colleen Atwood.

THE ASSOCIATED PRESS

Target and William Rast form a purposeful relationship for late-holiday sales

Head Dress

THE KIT

Birds of a feather flock together. Now is the time to show your primp and proper side with a band of beguiling plumage from Toronto accessories guru Headmistress — just in time for the height of the holiday party season.

Trout Lake Headband, $45 (top right)
Caribou Lake Headband, $45 (bottom)
Flatrock Hippie Stretch Band, $25 (top left)

All designed by Jillian Wood, love head mistress.com

THE KIT is Canada's beauty authority and first-ever digital beauty magazine. Subscribe for free at thekit.ca.

▶ Ben Mulroney

Mulroney ties up the runway

CTV personality Ben Mulroney is putting his own stamp on the design world.

The ETalk host has partnered with Braemore Neckwear to produce a line of custom breast pocket squares called HNK.

HNK will be available at Holt Renfrew, Simons, Selfridges, Gotstyle, Ted's Style Shoppe, and Launch Menswear in Abbotsford, B.C. **THE CANADIAN PRESS**

GETTY IMAGES

▶ Madonna

Madonna and child branded

The Material Girl is bringing her clothing line of the same name to Canada.

The collection designed by Madonna and her daughter, Lourdes (a.k.a. Lola), will be exclusively available at The Bay next spring. The line will be carried at the retailer's 91 stores across Canada with items ranging in price from $12 to $68. MG ICON, the joint venture between Madonna and Iconix Brand Group, Inc., and the Hudson's Bay Company announced the direct-to-retail licence agreement for the Material Girl brand Monday.

"We are delighted to bring this brand to Canada because it offers fashion lovers savvy style with amazing value," said Bonnie Brooks, Bay president and CEO. **THE CANADIAN PRESS**

Entertain like a designer would

Tips from HGTV's Peter Fallico for holiday parties

DECOR MOMENT

KARL LOHNES
HOME@METRONEWS.CA

Keep it simple and fresh when entertaining, says Peter Fallico, host of HGTV's Home To Flip; a show that follows him through buying, renovating, decorating and selling fixer uppers. His passion for fixing up old houses and incorporating smart decorating ideas comes through on his television shows — and in real life.

I recently interviewed Fallico at an old home he recently purchased to renovate. Looking around the house it's clear to see that he has a lot of work ahead of him and it's hard to believe that he recently pulled off a fabulous holiday party for 40 people in the old house.

Fallico gave me his scoop on entertaining and decorating trends for holiday gatherings at home.

How are we entertaining differently than we did in the past?

I think we are all craving for formality, but because of less time and busier lifestyles we need to keep things simple. With the trends of larger, open kitchens we are seeing more casual holiday parties rather than using a formal dining room.

▶ Peter Fallico

How do you entertain friends and family during the holidays?

I held my annual holiday party in an old house that I've recently purchased to renovate. I created an entire evening using various areas of the house. I started off with drinks in the unfurnished living room, then an informal dinner around the old kitchen/dining area. I then moved all my guests into a cosy den for after dinner drinks and watched a funny holiday movie.

I used the dining table as a buffet table and placed it in the centre of the dining area room and I had comfortable chairs and a large banquettes off in the corners for guests to lounge around.

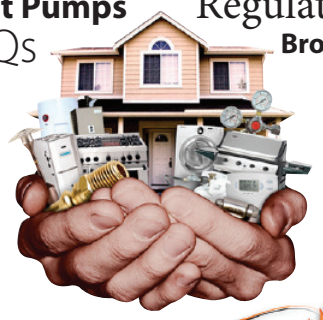
What's your best entertaining/party stress-reliever tip?

I am not a big cook so I always try to order in most of the meal. I might make some appetizers and a soup or salad; the rest comes from a local caterer. I try to enlist help; a friend or family member to help greet guests, take coats, help with serving up food, etc. I keep flower arrangements versatile and simple to be used after the party, and around other areas' simple lilies teamed with red branches or holy creates a clean, simple arrangement.

For more holiday decorating ideas and tips visit hgtv.ca.

Responsible host

- **Transportation.** Part of being a great host is being a responsible host. Encouraging guests to take public transit or taxis, hiring a bartender to monitor controlled alcohol pouring, have a designated driver at your party or have an extra bed ready.
- **Club Metro.** Are you hosting a holiday party? Baileys Canada and Metro want to help you be a responsible host. Enter at clubmetro.com and you could win transportation to get your guests home safely.

FREE HOME HEATING EVALUATION
Hot Water Heaters Fittings
Thermostats Patio Heaters
Furnaces Dryers HVAC
Gas Range Air Conditioners
Heat Pumps Regulators
BBQs Broilers

Franchises Available
gasfitter.ca
Call us at 1-888-WE-GAS-4U (934-2748)

WOMEN VOLUNTEERS NEEDED
VRRWS needs women who are interested in volunteering for the 24 Hour Crisis Line or the Transition House for Women & their Children. Training sessions are Tuesday evenings. For more info:
Call 604-872-8212
rapereliefshelter.bc.ca

Printed with re-readable ink.
metro
News worth sharing.

THE FIREPLACE WAREHOUSE

SALE $2449
Regular $3336 (Installed)
INTRODUCTORY SALE!
2 WEEKS ONLY! ENDS DEC. 19!
New Savannah Tasman Grand & Tasman Champion Inserts!
Featuring electronic ignition, 7 day programmable remote,
7 stage flame adjustment and 6 speed fan control.
#105 - 11091 Bridgeport Road, Richmond
604-231-8923 • www.thefireplacewarehouse.ca
Monday to Friday 9 a.m. - 5 p.m., Saturday 10 a.m. - 4 p.m.
DISTRIBUTORS OF:
Savannah Heating Products Ltd. Monessen Vermont Casting MAJESTIC REGENCY Big Green Egg

chat-r
The gift of gab
Worry-free unlimited talk and text

no worries gift happy
$60 bonus credit when you sign up for auto-pay
chat-r stores | Metropolis at Metrotown / Richmond Centre
™Brand names and logos are trademarks of their respective owners ©2010 / Promotion requires enrolment in chatr auto-pay program. Bonus will be paid out in 6 installments of $10 to the chatr account. Offer expires January 4, 2011.

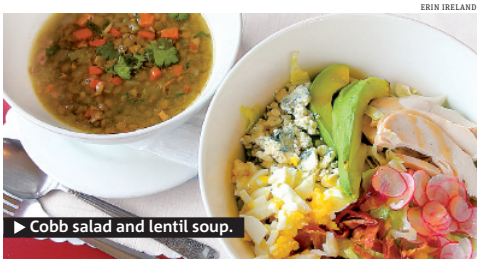
A dose of comfort food

The Red Wagon diner in East Hastings is worth a try

LUNCH RUSH

ERIN IRELAND
FOOD@METRONEWS.CA

ERIN IRELAND



Cobb salad and lentil soup.

Do not judge a diner by its cover. At least not Chef Brad Miller's. The Red Wagon, his new Hastings Street neighbourhood joint, is worth a journey through impenetrable traffic and rebellious pedestrians.

The menu is filled with warm classics like a hot turkey sandwich and a flavoured pulled pork, which I hear is gluttonously delicious. For those watching their waistline, Brad's cobb salad ($10) is your perfect option.

Each of its crispy cold elements is uber fresh and aesthetically presented. Neat piles of paper thin radish shavings, tender slices of unadorned chicken, slabs of ripe and creamy avocado, hunks of potent blue cheese, well-cooked bacon pieces, and moist bits of hard-boiled egg sit together on a bed of mildly dressed iceberg lettuce.

The Red Wagon
2296 East Hasting St.
redwagoncafe.com
604-568-4565
Times: Mon - Fri (8 a.m. -6 p.m.) Sat - Sun (9 a.m. to 6 p.m.)
Rating: four out of five

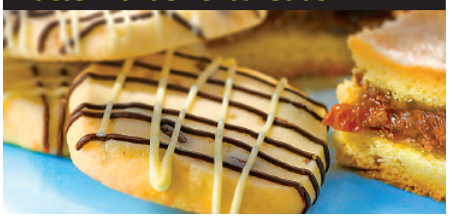
Medley's Restaurant

Join us on Dec. 25th for a traditional Christmas dinner with all the fixings, $29.95. Seatings at 4pm and 7pm. *Reservations recommended.*

1110 Howe St. 604.623.6856
Downtown Vancouver

Holiday Inn

Butter Tart Shortbreads



Ingredients:

Filling
- 375 ml (1 1/2) cups sultana raisins
- 30 ml (2 tbsp) butter
- 125 ml (1/2 cup) granulated sugar
- 15 ml (1 tbsp) cornstarch
- 250 ml (1 cup) hot water
- 15 ml (1 tbsp) lemon zest
- 30 ml (2 tbsp) lemon juice

Shortbread
- 250 ml (1 cup) unsalted butter, softened
- 250 ml (1 cup) granulated sugar, plus 50 ml (1/4 cup) for sprinkling
- 1 egg
- 375 ml (1 1/2 cups) all-purpose flour
- 125 ml (1/2 cup) cornstarch
- 30 ml (2 tbsp) lemon juice

Preparation:

1. **Filling**: In a saucepan, stir together raisins, butter, sugar and cornstarch. Stir in hot water and cook over medium heat until thick. Remove from heat and stir in lemon zest and juice. Let cool.
2. **Shortbread**: Preheat oven to 180 C (350 F). Using an electric mixer, beat butter with 250 ml (1 cup) sugar until light and fluffy. Add egg and mix well with a wooden spoon.
3. In a separate bowl, whisk flour and cornstarch together. Add to butter mixture and mix until dough is just combined. Dough will be stickier than typical cookie dough.
4. Divide dough in half and press one-half into the bottom of a parchment-lined 2.5-l (9-by-9-inch) square pan. Pour cooled filling evenly over shortbread base.
5. Divide remaining dough into 4 pieces. With floured hands, pat each piece to fit 1/4 of the pan until the top is covered. Smooth top pieces together with a knife. Sprinkle top with 50 ml (1/4 cup) sugar.
6. Bake for 40 to 45 minutes or until shortbread is golden brown. Let cool to room temperature and cut into squares.

THE CANADIAN PRESS

JUGO JUICE

share the warmth.

(Donate $1 to the Greater Vancouver Food Bank Society at any Vancouver Jugo Juice® location & receive a 2 for 1 hot food coupon!)

Visit any Vancouver Jugo Juice® location between December 6th and 19th and make a donation in support of the Greater Vancouver Food Bank Society.

Donations will receive a 2 for 1 hot food coupon. Made fresh in store and grilled hot to order, it's our way of sharing the joy of heathy eating this holiday season!

Greater Vancouver food bank Society

for more information on the Greater Vancouver Food Bank Society visit
www.foodbank.bc.ca

FOR MORE INFORMATION ON JUGO JUICE & THIS INITIATIVE VISIT JUGOJUICE.COM

Make eyes light up

ISTOCK

A fuzzy Christmas

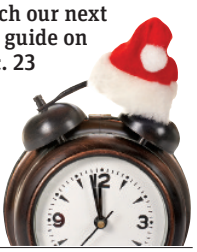
For those whose pets our family, Check out our gifts for fur children.
{page 40}

Deck out your home

Great gifts for yourself or someone special
{page 42}

8 days until Dec. 25

Catch our next gift guide on Dec. 23



ALWAYS THE PERFECT GIFT

Gift giving made easy

Sears Gift Cards make great gifts. Starting as low as $10, they can be redeemed in store, online at sears.ca and through our catalogue.

Sears

NE122P310 © 2010. Sears Canada Inc.

TECH LOVER'S DREAM

1 MICROSOFT $119.95

Microsoft LifeCam Studio Full 1080p HD sensor delivers widescreen video at 16:9 at up to 30 frames/second. High-fidelity microphone for more natural audio. **Major electronic retailers**

2 ALIENWARE $799

For the gamers in your life, the Alienware M11x is the perfect gift. At just 4.5 lbs, the M11x is the most powerful 11-inch gaming notebook on the market. **dell.ca**

3 SAMSUNG $349.99

The T10 camcorder boasts an ultra compact and lightweight body, a 2.7" Touch LCD display, and incorporates an advanced 1 / 4" 5.1 M Pixel BSI CMOS Sensor. Records at 1920 x 1080 60 i Full HD resolution **Major electronic retailers**

4 KODAK $199.95

The Pulse Digital frame's personal email allows anyone to send photos anytime from any computer and mobile phone as well as through the Share feature on Kodak M series digital cameras. **Best Buy, Future Shop, Black's, The Source, Henry's, Sears and Kodak.ca.**

5 GRACO $59.99

Help baby sleep with Sweet Slumber sound machine that creates sounds from a library of 12 soothing selections featuring white noise, nature sounds and lullabies, or share favourite songs with the MP3 plug-in port. **Babies R Us**

6 SHARPER IMAGE $189.99

Sharper Image Bluetooth Sound System with iPod Dock and FM Radio allows you to play your MP3/iPod without the need to dock your device. The built in 2.0 digital amplifier creates outstanding sound quality. **The Bay**

7 XBOX $69.99

Operating from as far away as 30 feet and offering up to eight hours of battery life, the Xbox 360 Wireless Headset eliminates another pesky cable. **WalMart, Best Buy, Future Shop**

8 D-LINK $199.99

The Boxee Box wireles HD media player provides access to favourite Internet content right on HDTV. Instead of a keyboard, the Boxee Box comes with a two-sided RF remote control with a full QWERTY keypad. **Best Buy**

9 TOSHIBA $419.99

The CV100C dual television and DVD player is a great holiday gift. The unit is $369.99 for the 19 inch model, $419.99 for the 22inch and $519 for the 26 inch. **Future Shop, Best Buy**

1

2

3

4

5

6

7

8

9

ON BLU-RAY™ COMBO PACK & DVD TODAY!

AVAILABLE AT BEST BUY BestBuy.ca

ENTER FOR YOUR CHANCE TO

WIN A DVD COPY OF *DESPICABLE ME*

Tell us how many minions took over metro today at www.clubmetro.com

ILLUMINATION ENTERTAINMENT © 2010 UNIVERSAL STUDIOS. ALL RIGHTS RESERVED. UNIVERSAL A Division of NBC Universal

THE GIFT THEY CAN UNWRAP WITH A COIN.

Scratch & WiN

bclc

Know your limit, play within it.

19+ YEARS

Bath and beauty gifts for her

Spoil your lady with pampering gifts by Janine Falcon

1

Clarisonic Mia, $189
A Clarisonic Mia cleansing system buffs and invigorates skin so she can save money on facials and put it toward something else the two of you might appreciate. **Sephora**

2

Kerastase Chronologiste Treatment, $75
Along with giving her gorgeously shiny hair, the service includes a killer, 30-minute melt-into-a-puddle head massage. **1-866-kerastase for salons**

3

Bobbi Brown Modern Classic Palette, $85
Beauty indulgences such as a an easy-use makeup kit of pretty eye shadow and lip colour are always welcome. Thank you. Very much. **Holt Renfrew**

4

Aromachology Custom Candle Collection $50
Bathtime is sacred, especially when there's a lock on the family bathroom door. Aromatherapeutic candles to suit the mood sweeten the experience. **myaromachology.com**

5

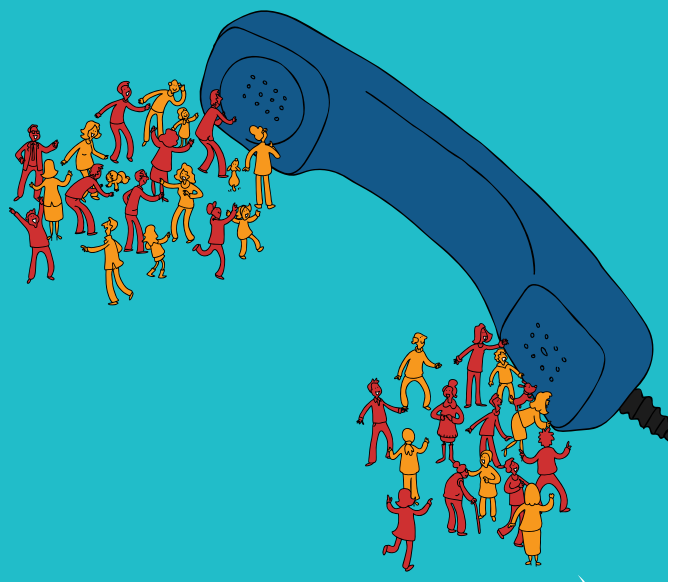
Airplus Spa Footies, $5.97
A little footsie TLC can go a long way. Infused with aloe and vitamin E, cosy Airplus Spa Footies serve as a soft, loving cuddle for tired soles. **Wal-Mart, Zellers**

6

Tom Ford Private Blend Lipstick $52
A divinely chic lipstick is a makeup must-have, a bit of fabulous for her purse that makes her think of you every time she uses it. **Holt Renfrew**

Shaw Home Phone is a great way to stay connected.

Join the over one million customers who are already connected with Shaw Home Phone service. Shaw Home Phone Basic includes Voicemail, Call Waiting and Call Display. You also get great long-distance rates, free Shaw to Shaw Calling, and no administration fees or cancellation fees. And you can even keep your current phone number. Call 310.SHAW today.



$19.95* PER MONTH
HOME PHONE BASIC
FOR THE FIRST SIX MONTHS

Together is Amazing.

SHAW

*Terms and conditions apply. Offer subject to change without notice. Visit shaw.ca for details.

OUR WORLD REVOLVES AROUND YOU.

THE PERFECT NEW WORLD OF TECHNOLOGY.

THE HP STORE VANCOUVER

NOW OPEN • 1162 ALBERNI STREET

FOR GRAND OPENING DOOR CRASHERS AND PROMOTIONS, VISIT HPSTORE.CA

© 2010 Hewlett-Packard Development Company, L.P.

Pick up the call this Christmas

Give them a good reason to chatter this season ◗ A selection of great phones to help them ring in the new year

COMPILED BY KEITH CARMEN

BlackBerry Torch $149.99/three-year term, $599.99/no term (Telus)

A host of functions including push email, BlackBerry Messenger, intuitive navigation as well as upgraded multimedia aspects creating richer web browsing, podcasts and videos make the Telus BlackBerry Torch hot. Additional features: Full-size touch screen and QWERTY keyboard. Customizable plans start at $50/month with 200 anytime minutes, 500 megabytes of data downloading, voicemail/ call waiting/conferencing and more.

Available at: Telus stores, kiosks, telusmobility.com

Acer Liquid E $19.99/ three-year term, $424.99 no term (Rogers)

This Android 2.2 smart phone allows for easy integration with Google apps and your favourite social networks. The large 3.5-inch touch screen enables viewing of high-definition videos and features a powerful processor, five megapixel camera, built-in Wi-Fi and GPS as well as 3G speeds. Plans from $40/month for 150 minutes, unlimited social networking/messaging/local network calling and more.

Available at: Rogers stores, kiosks, rogers.com

Samsung Galaxy 550 $0/three-year term, $199.99/no term (Virgin)

Utilizing the Android 2.1 OS, this unit houses a full touch-screen, two megapixel camera and video, expandable memory, access to the Android app market, speed-text with SWYPE keyboard and additional features. Rates start at $40/month with the Android Super Social plan containing 100 MB data, unlimited text/picture messaging/ evenings and weekends, 300 minutes of day talk time.

Available at: Virgin retail, The Source, Best Buy, Future Shop, virginmobile.ca

Koodo INQ Chat 3G $150 (Koodo exclusive)

Perfect for social networking aficionados, the INQ Chat 3G boasts a built-in Facebook core providing automatic Facebook updates on the home screen, a camera logged into Facebook and Twitter 24/7, switching between social pages, messaging, email and text without losing threads and an umbrella inbox for all texts, messages, tweets and emails. No fixed-term contracts, Stay Social Combo Plan starting at $40/month.

Available at: Koodo stores, booths, koodomobile.com

HTC Desire Z $79.95/ three-year term, $499.95/ no term (Bell exclusive)

This Android smart phone utilizing the new Z-hinge slide-out keyboard and touchscreen comes preloaded with Google applications like Google Maps and YouTube. Stream live TV and radio with download speeds of up to 14.4 Mbps. Minimum voice and data plan (200 day minutes, unlimited 6 pm nights /weekends, 500 MB of data, personal email, internet, messaging, social networks) starts at $50/month.

Available at: Bell stores, kiosks, bell.ca

Doro 410GSM Flip $9.99/three-year term, $24.99/two-year term (Rogers exclusive)

For the mature Canadian on your list, Doro is an easy-to-use mobile phone with large buttons and characters for simpler dialling/messaging. Features include stylish clamshell exterior, vibrating ringer, Bluetooth wireless technology and SMS to receive text messages. Plans start at $15/month with 100 minutes for seniors/customers looking for a simple and affordable wireless solution.

Available at: Rogers stores, kiosks, rogers.com

What did you get this holiday season?

2% cash back[1] OR zip, zilch, zero

Sign up now for the 3-Month Cash Back Bonus[†].

Gas Stations · Grocery Stores · Drug Stores · Recurring Bill Payments

The credit card that gives more cash back on everyday spending.

- 2% cash back on eligible gas, groceries, drug store purchases and recurring bill payments
- 1% cash back on everything else
- Sign up now for the *3-Month Cash Back Bonus* and get 2% cash back on everything for the first three months

Apply now. Call **1-877-803-4878**, or visit a branch or **scotiabank.com/momentum**

You're richer than you think.®

Scotiabank®

[1] You will earn 2% cash back on the first $25,000 you spend annually at merchants classified by VISA as Grocery Stores & Supermarkets, Drug Stores & Pharmacies, Service Stations, Automated Fuel Dispensers and Recurring Payments (Merchant Codes: 5912, 5411,5541 & 5542). Sometimes there are separate merchants located on the premises of these merchants but are classified by VISA in another manner, in which case this added benefit will not apply. Recurring payments are defined as payments made on a monthly or regular basis automatically billed by a merchant. Earn 1% cash back on purchases made after you have reached the 2% $25,000 annual max., and on all other purchases. *Scotia Momentum* cash back is not awarded for cash advances, *Scotia*® VISA Cheques, credit vouchers, payments, purchase returns, card fees, interest charges or service/transaction charges.

† Any purchases normally earning 1% cash back, will earn a full 2% cash back during the offer period. This special offer applies to purchase transactions appearing on your first three statements. Scotiabank may choose not to credit cash back on net annual purchases greater than $100,000 (combined spend between 1% and 2% cash back levels) or which on a monthly basis exceeds your credit limit. Account must be in good standing at time of cash back payout in order to receive the additional cash back. The bonus cash back will be accumulated and displayed in the "1.00% cash back" section of your statement within two statement cycles following the end of the offer. This offer may be withdrawn at any time without notice. Offer ends February 28, 2011.

* Visa Int./Lic. user The Bank of Nova Scotia. ® Registered trademarks of The Bank of Nova Scotia.

POTTERY BARN
Holidays
Happy Holidays
Happy Holidays
Happy Holidays
Happy Holidays
Happy Holidays
Give a Little
CHEER
2600 GRANVILLE STREET @ WEST 10TH AVENUE | VANCOUVER | 604-678-9897
© 2010 WILLIAMS-SONOMA, INC.

Pacific First Aid Ltd.
effective.professional.comfortable

A proud Training Partner for the Canadian Red Cross First Aid Programs. We offer courses in the following:

FIRST AID
Emergency • Standard • Child/Infant Care

CPR
CPR A & AED • CPR C & AED • HCP with AED

YOUTH
People Savers Level 1 to 4 • Babysitting

WORKPLACE
Emergency First Aid with CPR A

For prices, course dates & more info, please contact us.

Canadian Red Cross Training Partner

1170 Glen Drive • 604.638.1228 • pacificfirstaid.ca

Vivio FLOWER GALLERY

A year of flowers the best gift ever!

Order a gift of monthly flower deliveries to your door and receive the first one on us!

Ask for details.

Vancouver **604 669 7271** Port Moody **604 931 3112**
www.vivioflowers.ca

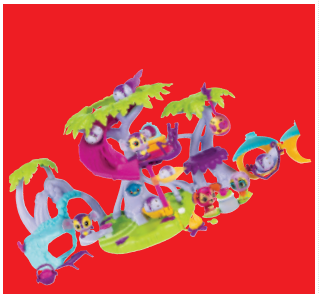
SANTA'S GOT IT EASY

1 BARBIE PUPPY SCHOOL $29.99

At Barbie Puppy Swim School, Barbie and her dog Taffy teach the puppies how to swim. Wind up Taffy dog's tail to make her really swim in the pool. **Major toy retailers**

2 BEYBLADE $29.99

Engage in on-the-go battles with the BeyBlade Metal Fusion Mobile BeyStadium. With storage for gear and up to 20 BeyBlade tops, the case also opens up into a battle arena to battle anywhere. **Major toy retailers**



3 ZOOBLES TREEHOUSE $39.99

Razoo's Treehouse Playset is a magical home and for multiple Zooble characters. Includes exclusive Koala Zooble, three hot spots for transformation, rolling ramp, swing and mini Zooble friend. **Zellers, Walmart, Toys R Us, Sears**

4 MOON DOUGH $24.99

Bring all the fun of the farm right into your own home. Bale some hay, put it in the barn silo, and turn the crank to create fun 3-D Moon Dough animals. Create fences, pastures and more. **Zellers, WalMart, Toys R Us, Sears**

5 HOTWHEELS $49.99

Perform crazy colour-shifting experiments by taking Colour Shifters cars through Dr. Bones colour Lab Play Set. If Dr. Bones traps your car in his jaw cage, rescue it using the giant skeleton hand. **Major toy retailers**

6 LITTLE MOMMY DOLL $69.99

With the Little Mommy Feeding Fun Doll, the sweet, silly and snacky little toddler comes to life with movements and humour as she recognizes five different features and says over 60 phrases.**Major toy retailers**

7 WWE FLEXFORCE $12.99

WWE fans will love the WWE Flexforce Action Figure Assortment. Come out of nowhere to take down your opponent with John Cena's Powerslam, CM Punk's Flying Clothesline and more. **Major toy retailers**

8 TAMATOWN $7.99

Introducing six new Gotchi friends to customize your TamaTown Tama-Go. The characters come with two games to play on the TamaTown Tama-Go. Pictured: Chamametchi. **Wal-Mart, Toys 'R' Us, Zellers & Loblaws**

THE REAL GIFT IS OUR ADVICE.

May we suggest:

TOM LEE Music

TomLeeMusic.ca 1.888.8TOMLEE

$199
Squier Strat Guitar Starter Pack

Make it simple.
TOM LEE Music Gift Card

$179

Yamaha F310P Acoustic Guitar starter pack

$138

Yamaha Portable keyboard starter pack

Start here: Holiday Gift Guide.

Online or In-Store

ISTOCK

▶ Show you care by taking the time to perfectly wrap your presents.

Finishing touch

Make your loved ones feel special with a beautifully papered present

One of the most special parts of the holiday season is the giving and receiving of gifts. A perfectly wrapped present not only adds to that excitement, but it shows friends and family how important they are to you. That is why trend guru Lynn Spence is encouraging all Canadians to consider wrapping their presents this holiday season, rather than using a gift bag.

"People underestimate the value of wrapping gifts," says Spence, style expert and frequent guest on CityTV's CityLine. "Giving someone a wrapped gift shows them you care, and nothing can replace the exhilaration of imagining what's inside, and the joy created when the gift is unwrapped and discovered."

"People underestimate the value of wrapping gifts."
LYNN SPENCE

"I really believe in making it more personal. After all, you took the time to choose the gift, why not spend a little time making it stand out?" adds Spence.

For example, use an inexpensive reproduction map to cover a gift for the seasoned traveller. Top a gift with a photograph as a way to share a favourite memory or to provide a hint of the gift inside.

"Don't be afraid to use your imagination and be creative," suggests Spence.

Remember, you don't have to wrap gifts alone. Invite your friends over for a night of cocktails, appetizers and fun, and wrap your gifts together.

NEWS CANADA

Wrap it up in style

CityTV's CityLine style expert Lynn Spence relies on the latest style trends to draw her inspiration for creating the perfectly wrapped gift.

"This season's foremost trend is an uncompromised return to the classics," says Spence. "Expect to see choices ranging from nostalgic papers, eco-friendly papers and menswear inspired wrappings in matte shades of grey, camel and navy."

Read on for some of her ideas on how to make your presents chic this holiday season.

Mix it Up
Move away from the traditional wrapping paper by incorporating new textures, such as rice, foil and matte papers, into your wrapping repertoire this year. Mixed colours and patterns are also a great way to add visual interest to your presents.

Experiment with a pliable, fabulous oversized printed wallpaper tied with a paisley ribbon for a fun, unexpected look.

Go Glam
Add luxury to your packages with glamorous materials, such as metallic papers, that will make anyone feel spoiled. Fashion inspired animal print or sophisticated quilted paper will look luxurious under the tree. Add a satin, taffeta or velvet ribbon or pearls and crystals to add holiday luxe to your gifts.

Au Natural
For a more organic eco look, use recycled papers or materials such as linen, Kraft paper, fabric remnants, burlap or a fabulous vintage scarf to wrap gifts.

Make It Last
Before you start wrapping gifts, Lynn offers one final piece of advice.

"Make sure to use a quality tape to ensure your packages stay sealed and look great. You can be sure that no one is peeking into that gorgeous gift before the special day arrives."

NEWS CANADA

THIS HOLIDAY SEASON
Give & Receive the Gift of Travel
Give a Travel Certificate and you receive one!
Call for complete details.
B.C. REG NO.2622
Hagen's TRAVEL & CRUISES
1-888-842-4367 • hagenstravel.com

bed
locally made bedding
moving sale
making your bed since 1999
2151 west 4th ave., vancouver, bc
1.877 / 604.736.3482
www.bed-online.com

PREMIUM PRE-OWNED
Lotusland
ELECTRONICS AND MUSIC
buy + sell
2660 alma street, vancouver + 604.733.0771

The world's most luxurious socks... because he deserves it.
Cashmere & Silk blends now available!
MARCOLIANI MILANO
Turquoise Spice Tomato
NEW ARRIVALS JUST IN
Minichiello's & Paul's of North Shore
127 W. Esplanade, North Van 604 985 9222

VANCITY SPORTS
WEEKEND SPECIAL
DECEMBER 16 TO 19
LUONGO 1 KESLER 17 H.SEDIN 33 SCHENN 2
20% OFF ALL INVENTORY*
ALL PRO NAME & NUMBER JERSEYS $199.99**
*EXCEPT NAME & NUMBER JERSEYS **PRO NAME PRO NUMBER PRO STITCH
554 W. GEORGIA (AT SEYMOUR) • 604-974-1881 • VANCITYSPORTS@HOTMAIL.COM • VANCITYSPORTS

Long & McQuade
MUSICAL INSTRUMENTS
long-mcquade.com

Best Price.
Best Selection.
Holiday Shopping Made Easy.

Experience Canada's
#1 Music Store
368 TERMINAL AVE
604.734.4886
OTHER LOWER MAINLAND LOCATIONS:
LANGLEY · POCO · SURREY · NORTH VAN · RICHMOND

SHOP ONLINE!
www.long-mcquade.com
1000's of items
in-store support
lowest price guarantee

A guy's guide to gifting

Tried and tested tips for the terrified male shopper

It's a well known fact: Most men hate holiday shopping.

That's why staff and readers at RedFlagDeals.com, Canada's largest shopping information and bargain hunting website, put together tips to help men everywhere stay sane during the craziest shopping time of the year.

Plan Your Attack

When shopping, make like a ninja — get in and out before anyone knows you are even there. If you must go to the mall, prepare in advance. You should know what you're looking for, how much it costs, and where to get it before you leave the comfort of your home. When shopping online, shipping times will vary, so expect orders to take at least a week or two to arrive.

Tune Out

Bring your MP3 player with you when you go shopping. Your music may not be festive, but at least it won't drive you crazy.

Shop Online

They have shopping on the Internet now? The third tip is the most obvious: shop online. You'll save money, avoid the crowds, and find multiple gift ideas with the click of a button. Browse your favourite stores online. You'll save a lot of time by comparing price, availability, and reviews of products on the Internet.

Support the Trend

If you're stuck for ideas, find out what other people are getting your shopping target and get them something that compliments that gift. Is someone getting them skis? Buy them ski goggles and ski wax.

NEWS CANADA

▶ Want your gift to impress sans stress? Trust in trends and go with your gut.

Holiday Special

EXCLUSIVE OFFER from Pepper Wireless

Almost every
PHONE FOR
$0*

HANDSETS INCLUDED:

*Offer not valid for Apple iPhone; valid with 2- or 3-year Fido Agreement (and Data Add-on).

BlackBerry® Curve™

Acer Liquid E

NEW
Sony Ericsson Vivaz Pro

Vancouver Locations
1st Ave Market
3189 Main Street
Broadway and Cambie

Shopping Mall Locations
Aberdeen Centre, Rmd
Lansdowne Centre, Rmd
Yaohan Centre, Rmd

Shopping Mall Locations
Central City Centre, Surrey
Crystal Mall, Burnaby
Royal City Centre, New West

PEPPER WIRELESS

Exclusive Dealer fido

Offers subject to change without notice. Early cancellation fees apply. *Valid on new activations with a 2- or 3-year Fido Agreement (and Data Add-on for smartphones), at Pepper Wireless locations only; offer does not include any iPhone handsets and the offer is available until Dec 31, 2010. ™Fido & design are trademarks of Fido Solutions Inc., used under license. BlackBerry®, RIM®, Research InMotion®, SureType®, SurePress™ and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. Used under license from Research In Motion Limited. All other brand names and logos are trademarks of their respective owners. ©2010 Fido Solutions. Inc.

Gifts to add to his toolkit

These are sure to please your handiest man

Porter Cable Power Tool Combo Kit, $400, Great for the DIY'er at home, features 18 Volt Lithium Ion Drill, 18 Volt Circulaw Saw, 18 Volt Reciprocal Saw, 18 Volt Flashlight. Lithium Batteries, Storage Bag and Blades all included. Available at all home improvement stores across Canada.

Mastercraft Auto Hammer, 12V , $149.99, features include a 3,600 IPM, single speed that allows you to drive nails up to 3 1/2" long flush with wooden work pieces; compact, ergonomic design allows you to drive nails in hard-to-reach places; magnetic sleeve and clamp (12 mm); built-in LED worklight and rubber-coated grip handle. Available at Canadian Tire.

The Stanley FatMax Impact Wrench, $149, is a twin hammer square impact wrench with a handle exhaust that directs exhaust down and away from user. Ergonomically designed, moulded handle absorbs vibration and reduces hand fatigue. Available at Canadian Tire.

patagonia®

Nano Puff Jacket
Exceptional warmth that fits in a pocket!
Regular Price $239.98
$199.98
with this ad until Dec. 19
Mens and Womens

ECOMARINE Granville Island Since 1980

On Granville Island
Next to the Boatyard
604-689-7575
ecomarine.com

Feel like everyone's looking at you?
They are. But don't worry. It's only because they want your Metro.
metro News worth sharing.

Lindt
MAÎTRE CHOCOLATIER SUISSE
DEPUIS 1845

Shopping for the perfect gift?

Visit a Lindt Outlet Boutique for a wide selection of exquisite Lindt chocolates and gifts at delectable deals.

Present this coupon at one of our Lindt Outlet Boutique locations to receive 25% off all regular price merchandise OR an additional 10% off discounted merchandise.* (before tax)

Vancouver Pacific Centre
701 Granville Street
(Inside Sears, Main Level)

New Westminster
805 Boyd Street, Unit N100
(Near Tim Horton's)

For all store locations and holiday hours, please visit www.lindt.com

Offer valid on in-stock merchandise only. Cannot be combined with any other offer. Offer valid at all Lindt Outlet Boutique locations. Limit one coupon per customer. Offer expires December 25th, 2010. *Maximum discount value of 70%.

MV
Total purchase: $ _____

ALL THE MAGIC. ONE GIFT CARD.

GIVE A LITTLE MOVIE MAGIC THIS HOLIDAY.

Cineplex Gift Cards are perfect for anyone on your list and can be used toward admission, concessions and more.

Available in theatres or at CINEPLEX.COM.

CINEPLEX STORE
CINEPLEX ESCAPE WITH US
CINEPLEX.COM

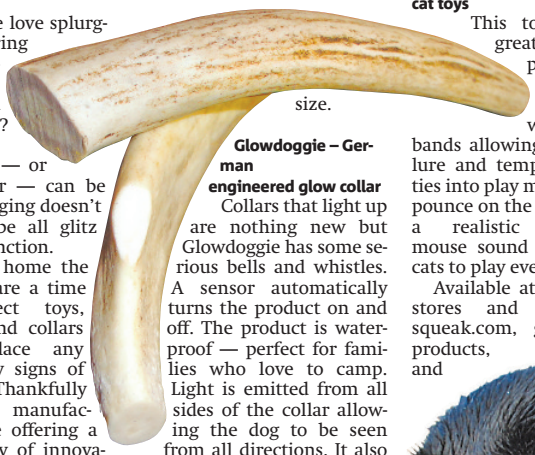
Gifts with a bite

This year, give these items to make your pet or pet owner a little happier

YVETTE VAN VEEN
TORSTAR NEWS SERVICE

Pet people love splurging during the holiday season. And why not? Shopping for a pet — or pet owner — can be fun. Splurging doesn't need to be all glitz and no function.

In our home the holidays are a time to inspect toys, leashes and collars and replace any that show signs of wear. Thankfully this year manufacturers are offering a wide array of innovative products that make life with pets easier, safer and a lot more fun.



DOGS

Chew This by This & That — naturally shed deer antler chews.

Dogs love to chew. Deer antlers are an alternative to traditional bones. This line is 100 per cent natural and 100 per cent digestible. Unlike many chew products it does not turn mushy or leave smelly stains. It's long-lasting and suitable for power chewers.

Available at pet supply stores or thisand-thatcanine.ca. Price ranges from $12 to $30 depending on size.

Glowdoggie – German engineered glow collar

Collars that light up are nothing new but Glowdoggie has some serious bells and whistles. A sensor automatically turns the product on and off. The product is waterproof — perfect for families who love to camp. Light is emitted from all sides of the collar allowing the dog to be seen from all directions. It also allows oncoming motorists to see pets and their people during evening walks.

Available at glowdoggie.com. Approximately $49.99

CATS

Skinneez by Spot — stuffing free, cat-nip filled toys.

This line provides a wide assortment of animal shaped toys. They will appeal to cats that like to carry around their, "prey." The skunk and squirrel are particularly appealing. Bushy tails combined with catnip bring out the hunter in your feline. The absence of stuffing allows cats to grab, drag and carry the toy with ease.

Available at pet supply stores and at ethicalpet.com, click on cat products menu 2009. Price ranges from $3 to $5.

Play-N-Squeak — interactive cat toys

This toy provides great interactive play with owners. Some come with finger bands allowing owners to lure and tempt their kitties into play mode. As cats pounce on the toy, it emits a realistic electronic mouse sound — enticing cats to play even more.

Available at pet supply stores and at playnsqueak.com, go to products, and scroll through mouse toys. Price ranges from $5 to $10.

PET LOVERS

Born to Bark. My Adventures with an Irrepressible and Unforgettable Dog by Stanley Coren

Coren is a long-time fixture in Canadian dog training circles. In this book he describes his personal journey and how it led to a little terrier named Flint. It's the story of an underdog — the one who should have failed. Pet owners can enjoy a heartwarming read proving that there is no such thing as impossible. Best of all it showcases normal life with pets. Coren writes candidly about his own errors and eccentricities. It's a refreshing change from reality shows where experts seem infallible and owners are made to look foolish.

Available at book stores. Price ranges from $17 for the e-book to $30 for the hardcover.

GIVE BACK

Remember that not all animals have the luxury of getting gifts. Some don't even have homes. Help those in need by making a donation to an animal shelter. If money is not an option, many shelters will gratefully take used but clean towels, blankets and pet supplies.

Shelters and rescues also benefit when you purchase gift items directly from them. You can find unique gifts at their local fundraisers.

Pet owner's facing economic hardships may also welcome a gift certificate for pet food. Amd remember that not all gifts cost money. Offer to walk a pet for someone who is elderly, ill or injured.

Giants Holiday Gift Pack

5 GAMES FOR JUST $80!*

The Giants Holiday Gift Pack includes:

MON. DEC. 27 7:00PM
MEDICINE HAT TIGERS FRI. JAN. 14 7:30PM
FRI. JAN. 28 7:30PM
CHILLIWACK BRUINS FRI. FEB. 25 7:30PM
SUN. MAR. 20 5:00PM

*HST Included

A GIANT DECADE
VANCOUVER GIANTS 10th ANNIVERSARY

It's the PERFECT gift for the hockey fan on your shopping list! You get 5 of the hottest games on the Giants' schedule, including big division rivals and exciting promotional nights. You'll be the first star of the holiday season!

It's the EASIEST gift you can buy! Order yours by phone today!

604.444.2687
VancouverGiants.com

Give a flavourful gift

Make tasty spice rubs and homemade mustards for friends and family who love to cook, or use for hostess gifts

Creative spice blends and condiments can add plenty of Wow!-inducing (but low-calorie) flavour to low-fat foods. And since the holidays are upon us, why not make some of these to give as gifts? Plus, most of them are affordable and easy to make.

Dry flavouring blends can be made either by mixing pre-ground herbs and spices or grinding whole spices in a blender, food processor or clean coffee grinder.

For example, try garam masala, a common Indian spice blend that can be used for curries, a meat rub or even to season popcorn.

To make a 250-ml (1 cup) batch, combine a crushed 12-cm (5-inch) cinnamon stick with 60 ml (4 tbsp) each of black peppercorns, cardamom seeds, coriander seeds and cumin seeds, plus 10 ml (2 tsp) each of whole cloves and grated nutmeg. Toast in a large dry skillet over medium heat until fragrant, 8 to 10 minutes. Let cool completely, then grind, in batches if necessary. The blend can be packaged in decorative spice jars or small plastic gift bags.

This recipe for citrus-caraway mustard can be prepared in about 10 minutes and makes four 125-ml (4-oz) jars. If you like, you can include a recipe card with suggestions for using this sweet and savoury condiment on sandwiches, as a dip or as a coating along with some panko breadcrumbs for pork tenderloin or boneless, skinless chicken breasts.

Citrus-Caraway Mustard

Start to finish: 10 minutes (10 minutes active)
30 ml (2 tbsp) caraway seeds
375 ml (1 1/2 cups) country-style Dijon mustard
125 ml (1/2 cup) orange marmalade
10 ml (2 tsp) freshly grated lemon zest
Four 125-ml (4-oz) jelly jars with lids

Using a mortar and pestle or a spice grinder, coarsely crush caraway seeds. Transfer to a mixing bowl.

Stir in mustard, marmalade and lemon zest. Whisk to blend thoroughly. Transfer mustard to jelly jars and cover tightly with lids. Store in refrigerator for up to 6 months.

Makes about 500 ml (2 cups).

THE CANADIAN PRESS

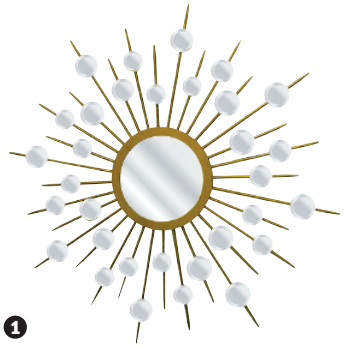
THE CANADIAN PRESS

▶ Show you care by taking the time to make a gift.

GIFTS FOR THE CASTLE

1 SUNBURST MIRROR
$69.99

This whimsical Artika mirror is the perfect décor update for a bedroom. Pair it with an antique chest of drawers for the perfect mix of modern and traditional. **Home Depot**



2 BREWING SYSTEM
$249.99

Part of the Gourmet Collection, the Cuisinart Keurig single serve brewing system allows users to enjoy instant coffee, soup, tea and hot cocoa with the press of a button. **Canadian Tire**

3 KNIT THROW
$49.99

This gorgeous 60 x 70" chunky cable knit throw comes in brown rice and deep boulder beige and is machine washable. **Sears**

4 STORAGE $9.99

Antique book style storage is the perfect look for the den or library. **Homesense**

5 DECANTER $16.99

This cut glass spirits decanter makes a perfect hostess gift. **Homesense**

6 MASSAGE CHAIR
$3,299.99

The Iyashi Massage Chair gives a true Shiatsu massage in a stylish, compact chair. The Air Ottoman System kneads and loosens shin and calf muscles; then neatly folds away. Features an auto body scanning system and reflexology function that stimulates massage points on your feet. **Independent retailers**

7 ROASTER $99.99

The Kitchen Aid 18" Red Roaster features quality steel that is covered in tough porcelain both inside and out and is strong enough to withstand all the rigors of a busy kitchen. The generously-sized meat rack allows fat and oils to drip away from the meat into the pan. **Canadian Tire**

8 POPCORN MAKER
$89.99

This retro kettle popcorn maker is the perfect companion gift for that new HDTV and blu-ray. **Winners**

9 WAFFLE IRON
$109.99

Even a beginner cook can amaze holiday brunch guests with the Cuisinart 4 Slice Belgian Waffle Iron. It features six browning levels to ensure a perfect waffle every time and its stainless steel design will make it a kitchen staple to show-off. **Home Depot**

Yes!
i can send the gift of money online and by mobile

$9 plus 1%* of money sent

Enjoy the convenience of sending the gift of money online and by mobile** to family and friends around the world.

Advertised fee* only available for transfers under $1,000 at *Scotia OnLine*® Financial Services and *Scotiabank® Mobile Banking.*

scotiabank.com/westernunion

WESTERN UNION | yes!

Scotiabank®

* **IN ADDITION TO THE TRANSFER FEE, WESTERN UNION ALSO MAKES MONEY FROM THE EXCHANGE OF CURRENCIES.** Fees are subject to change without prior notice. A Scotiabank Day to Day account is required for a Western Union Money Transfer transaction.
** Standard message and data charges apply for transactions initiated through Scotiabank Mobile Banking.
©2010 Western Union Holdings, Inc. All Rights Reserved. © Bank of Canada - bank note image used and altered with permission. The **WESTERN UNION** name, logo, trade name, trade dress and related trademarks, owned by Western Union Holdings, Inc., are registered and/or used in the U.S. and many foreign countries. The Scotiabank name, logo and related trademarks, are registered and owned by The Bank of Nova Scotia. Scotiabank is an authorized agent facilitating Western Union Money Transfer® services but is not responsible for the funds transfer.

ISTOCK

▶ Pack your patience and follow these tips for last-minute holiday shopping.

Retail therapy

Tips on how to stay healthy while holiday shopping

The holidays are typically a hectic time loaded with events and activities from potlucks and cocktail events to office parties and family gatherings.

It's easy to indulge in a few extra treats during the festive season, and often harder to maintain regular habits to keep bodies in check — like healthy eating and exercise.

The Ontario Kinesiology Association says individuals can still find ways to stay fit and keep moving amid the seasonal hustle and bustle.Here are some of the association's tips for healthy holiday shopping:

Dress for comfort

• Wear comfortable clothes that allow you to move easily so you can increase your stride and heart rate.

• Consider shoes that have proper treads to reduce the risk of slipping on ice or wet floors and allow you to walk faster and more comfortably.

What to carry

• Try to carry smaller bags; the weight of your purchases can add up quickly.

• Try to carry bags on both sides to maintain balance. Awkward, one-sided carrying can result in a sore back or a slip and fall.

Pack your patience

• Have patience waiting for parking spaces or in long lines.

• Take a parking spot farther from your destination and walk the extra distance.

• While waiting in lineups practise posture exercises for your stomach, back and bottom muscles.

Share the load

• If you are shopping with company, share the loads. Help your shopping mate and they can help you.

Plan your experience

• Know where you want to go and buy the heaviest and awkward gifts last.

• Consider getting a locker or taking your packages back to the trunk of your car regularly as a way to increase your exercise and reduce your carrying load.

• Don't forget to plan breaks and lunch times.

THE CANADIAN PRESS

Creating traditions

Do things your family will remember for years to come

The holidays are the perfect time to take a breather – yes, that's right. Take a few minutes and think about what means the most to you and your family. You probably will find that the things that are the most meaningful are the memories you've shared through the years.

Here are a few ideas for creating great holiday traditions to incorporate into your own family's holiday celebrations.

Do it for the kids

When you create holiday traditions for the youngest members of your family, you will be instilling memories in them for years to come. A favourite tradition could be started with close family friends who gather together all the neighbourhood kids for a special party during December. Each child could sign their name in "Santa's Big Book" and write down what they want Santa to bring that year.

Then "magically" Santa can appear, take each child on his knee and read aloud what the child had written.

Start a collection

This is one of the easiest ways to carry on traditions from one year to the next. Find a unique "collectible," and add to it each year.

It can be as simple as unwrapping your kids' handmade ornaments and decorating a Charlie Brown tree or as elaborate as setting up tables of snow villages complete with lights and trains.

CREATORS.COM

Nike socks
men's and women's
40% OFF
Three days only.
Friday to Sunday.
Dec.17 - Dec.19
Offer valid on regular priced items
Only at Sears.
40% OFF
Nike socks
Sears
Sears Canada Inc.

Turn boring into great gifts

Some gifts can seem last-minute and impersonal even if they're actually quite lovely and usable.

You probably reach for those black cashmere gloves or light up the vanilla-scented candle far more often than you wear the funky necklace or beaded top that were under the Christmas tree last year.

But, still, it's hard to get jazzed up about gloves, right?

Well, here's some advice on turning a potentially boring gift into a great one:

SCARVES AND GLOVES

Bendel's Bucciarelli thinks a leopard-print scarf is fail-safe. It's ageless and goes with almost any coat, yet it always updates your look, he says. "My 16-year-old daughter and my 80-year-old mother each want one."

Nina Garcia, Marie Claire fashion director and Target style consultant, says women can never have too many lace scarves: They can transform any outfit into something romantic.

She, however, is hoping Santa Claus has fur-trimmed gloves with her name on them. "Everyone has gloves, but not everyone has fur-trimmed gloves," she says. "You might not think about buying these for yourself, but it's a little touch of luxury you can give to someone else."

(She also points out to Santa the matching trapper hat.)

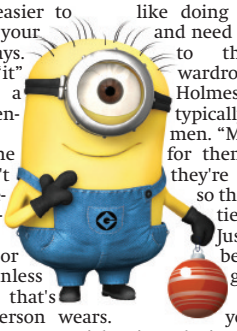
Cashmere is Macy's Lee's top choice, again because they're a bit of an indulgence, yet available at many price points.

But Gifts.com adviser Dana Holmes says the gloves people really need this holiday season are the ones that are convertible to fingerless ones - or even just arm-warmers, those extra, hand-free sleeves that are the close cousin to the leg-warmers of the '80s. It's the way people can stay warm and play with the new gadget that was also under the tree.

SWEATER

A sense of the wearer's personal style is a must for a sweater, says Holmes, but whether the recipient is tailored or trendy, frumpy is never an option.

A cardigan is usually a safer bet for women than crewneck or turtleneck because it is easier to adapt "as your own," she says. The current "it" version is a flowy, open-wrap style.



And, she warns, don't go for something too fitted, gimmicky or glitzy unless you're sure that's what this person wears.

Take a quick look through photo albums or Facebook photos and take note whether this person tends to wear certain colours or silhouettes.

TIE

Women don't always love other people buying their clothes because they often like doing it themselves and need items to fit in to their existing wardrobes, says Holmes, but that's not typically the case for men. "Men never shop for themselves unless they're really into it, so they expect basic ties and shirts. Just don't let it be their only gift."

For a hipster, you might try introducing him to a bow tie, says trend and retail analyst Tom Julian. Any age man can wear one with the right attitude, he says, but it's the younger man who can really rock it.

In more traditional ties, a 7.5-centimetre width is the norm and a five-centimetre tie is trendy.

"I think a tie is a great gift to give a man and this is the perfect season to do so," says Julian, author of "Nordstrom Guide to Men's Everyday Dressing." "Ties are narrower and ties are not just for suits and business. Ties will show that you know his style."

FRAGRANCE

For the friend who loves a particular designer but is watching his or her budget, a designer fragrance can be a really special gift, says Rochelle Bloom, president of the Fragrance Foundation, an industry trade group.

"If you can't afford the whole outfit, this is a way to get their fashion vibe. Designers are really involved with fragrances, especially a Marc Jacobs or Donna Karan type," says Bloom.

Also, fragrance is the perfect way to enjoy the scent of a favourite flower note - elegant rose, delicate jasmine, calming lavender - in a form sure to last much longer. THE ASSOCIATED PRESS

Perfect Holiday Gifts
one stop shopping for everyone
BUY ONE GET ONE 50% OFF
NOW UNTIL DEC.24,2010
At equal or lesser value.
Some conditions apply, see store for details.
Silver Gallery
1226 Robson Street
604.681.6884
www.silvergallery.ca

$20 FREE GAS
plus $10 off membership
For a limited time, buy a new BCAA Membership now and choose from a $20 Husky and Mohawk™ gas certificate or a 2011 Entertainment® Book.
For details, call 310-2345, visit bcaa.com/gift or stop by your nearest BCAA office.
Offer expires December 31, 2010 and is valid on all new driving memberships for both Primary and Associate memberships. Not available on Join-on-Arrival memberships or membership renewals. All names, trademarks and copyrights of or in use by ENTERTAINMENT® shall remain the sole exclusive property of ENTERTAINMENT®. While supplies last.
Husky MOHAWK
BCAA CAA
Relax. We've got it covered.

Ukuleles starting at $26.95!
Available in all sizes and colours, there is a ukulele for everyone.
2012 Commercial Drive (@ 4th Avenue)
604 251 BONE • www.bonerattle.com
Great Gift Ideas!
Open 7 days week & holidays!
GUITARS, AMPS AND MORE
EAST VANCOUVER'S Coolest Little Music Shop BONE RATTLE MUSIC

Canada's juniors go large

Canada's world junior hockey team may not include big names but it has some big players.

Coach Dave Cameron and the Hockey Canada staff named their 22-man squad yesterday and it features plenty of beef up front and on defence. Five of the seven defencemen and seven of the 13 forwards are six foot two or taller.

"You don't realize it until you stand beside them, but this is a big team," said Kevin Prendergast, the former Edmonton Oilers executive who is now head scout for Canada's national teams. "We're going to need it. The Americans are going to be huge and the Russians will be strong. That's why we (also) went with the older guys."

Cameron and his staff were up past midnight making decisions on which final nine players to cut from a three-day selection camp in Toronto. The result was a team short on players with star power, like Taylor Hall last year or John Tavares the year prior, but one they hope can score goals and play a hard-working game at the world under-20 championship beginning Dec. 26 in Buffalo. Canada opens Boxing Day against Russia.

Forward Brayden Schenn and defenceman Ryan Ellis, who is back for a third straight world junior tournament, are likely the leading candidates to be named captain.

Ellis of the Windsor Spitfires and Tyson Barrie of the Kelowna Rockets, both five foot 10, are the only players smaller than six foot two on a defence that also has Erik Gudbranson of the Kingston Frontenacs and Dylan Olsen of the University of Minnesota-Duluth. THE CANADIAN PRESS

RICH LAM/GETTY IMAGES

▶ Ryan Kesler fires a shot past Blue Jackets goalie Mathieu Garon for his second goal of last night's game.

Kesler turns winning trick

Forward's three goals include overtime winner ◐ Luongo makes 28 saves in victory ◐ Canucks have won seven of their last nine

Ryan Kesler provided all the offence for Vancouver with his first career hat trick yesterday as the Canucks beat the Columbus Blue Jackets 3-2 in overtime.

Kesler capped his first three-goal game on the power play at 3:30 of the extra period, taking a saucer pass from Daniel Sedin on a 2-on-1 and roofing a shot over sprawling Columbus goaltender Mathieu Garon.

The Canucks (17-8-4) posted their seventh win in nine games and have lost only once in regulation time since Nov. 21. The Blue Jackets (16-11-3) are off to their best start in club history, despite suffering their fifth straight road loss.

CANUCKS	BLUE JACKETS
3	2

The Blue Jackets found themselves a man short in overtime after Jan Hejda took a boarding penalty for crunching Vancouver's Dan Hamhuis.

Derick Brassard and Tom Sestito, with his first NHL goal, replied for the Blue Jackets in regulation.

Kesler converted a give-and-go with Alex Edler following a turnover near the Columbus blue-line during a Blue Jackets line change with 22.9 seconds left in the first to give Vancouver a 1-0 lead.

Garon didn't see much action in the second as the Canucks managed only one shot before Brassard tied it for Columbus at 9:02, fooling Luongo with a wrist shot to the short side on a 2-on-1. Columbus had been carrying the play in the middle period, but just 1:48 later, Kesler restored the Canucks' lead as Blue Jackets defenceman Rostislav Klesla overskated a bouncing puck in front of Garon.

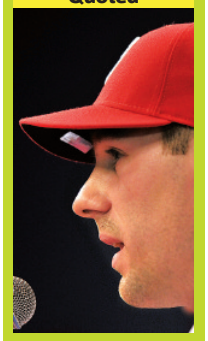
After the goal, Columbus continued to control the play but couldn't solve Luongo, who stopped Kristian Huselius from the slot and gloved a Kris Russell slapshot from the point.

After Blue Jackets winger Jakub Voracek backhanded the puck off the crossbar early in the third, Sestito tied it 2-2 at 7:34, deflecting Mike Commodore's shot on a power play.

THE CANADIAN PRESS

4 sports

Quoted



"It's plenty of money. When you hit a certain point, enough's enough. It's just a matter of where you're comfortable, where you're happy, where your family's the most comfortable, what team gives you the best chance to win."

CLIFF LEE, ON WHY HE SIGNED WITH THE PHILLIES DESPITE OTHER TEAMS OFFERING HIM MORE MONEY.

WagJag.com Deal of the Day
51% OFF
$189 for a Deluxe 1 Bedroom Suite w/Breakfast for 2 at Wedgewood Hotel & Spa (A $382 Value)
BUY TODAY
WEDGEWOOD HOTEL & SPA
www.WagJag.com

NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	33	21	7	2	3	113	81	47	11-5-0-2	10-2-2-1	6-1-0-3	W4
d-Washington	33	18	11	2	2	99	94	40	12-4-1-2	6-7-1-0	3-5-1-1	L7
d-Montreal	31	18	11	2	0	81	66	38	11-5-2-0	7-6-0-0	5-4-1-0	L3
Pittsburgh	33	21	10	2	0	104	78	44	10-6-1-0	11-4-1-0	8-2-0-0	L2
NY Rangers	33	19	13	1	0	100	84	39	7-8-1-0	12-5-0-0	7-3-0-0	W2
Tampa Bay	31	17	10	2	2	96	107	38	8-2-1-1	9-8-1-1	6-2-0-2	W2
Atlanta	32	17	11	1	3	100	93	38	9-6-0-1	8-5-1-2	7-2-0-1	L1
Boston	29	16	9	1	3	83	59	36	7-5-1-2	9-4-0-1	5-3-1-1	L2
Carolina	29	13	12	0	4	82	90	30	6-5-0-1	7-7-0-3	3-3-0-4	W2
Buffalo	31	13	14	4	0	81	86	30	7-9-1-0	6-5-3-0	5-4-1-0	W1
Ottawa	32	13	16	2	1	71	96	29	8-8-1-1	5-8-1-0	3-5-1-1	L1
Toronto	30	12	14	2	2	69	87	28	8-6-2-1	4-8-0-1	4-5-1-0	W2
Florida	29	13	16	0	0	74	76	26	6-6-0-0	7-10-0-0	3-7-0-0	L2
New Jersey	30	9	19	1	1	56	88	20	5-7-1-1	4-12-0-0	4-6-0-0	W1
NY Islanders	28	5	18	3	2	59	98	15	3-7-1-1	2-11-2-1	1-7-2-0	L6

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Detroit	30	20	7	2	1	101	80	43	12-4-1-1	8-3-1-0	6-3-1-0	W1
d-Dallas	30	18	10	0	2	86	82	38	11-3-0-1	7-7-0-1	7-2-0-1	W1
d-Vancouver	29	17	8	2	2	94	76	38	10-3-1-1	7-5-1-1	6-3-1-0	W2
Nashville	30	16	8	4	2	79	72	38	8-1-3-2	8-7-1-0	7-1-1-1	W4
Colorado	31	17	10	4	0	112	98	38	8-4-1-0	9-6-3-0	5-2-3-0	W4
Anaheim	34	17	13	2	2	89	99	38	11-6-0-1	6-7-2-1	7-2-0-1	W3
Los Angeles	28	17	10	1	0	78	65	35	11-2-1-0	6-8-0-0	5-4-1-0	W1
Columbus	30	16	11	2	1	78	82	35	8-7-0-1	8-4-2-0	3-5-1-1	L2
San Jose	31	15	11	4	1	92	90	35	8-4-2-1	7-7-2-0	5-4-0-1	L2
Chicago	33	16	14	2	1	104	100	35	8-9-0-0	8-5-2-1	5-4-1-0	L3
Phoenix	29	14	9	4	2	81	80	34	6-4-2-2	8-5-2-0	5-4-0-1	L1
St. Louis	29	14	10	2	3	74	80	33	9-2-0-2	5-8-2-1	3-5-1-1	L2
Minnesota	29	13	12	1	3	71	86	30	7-6-0-2	6-6-1-1	4-4-1-1	L1
Calgary	31	13	15	1	2	84	19	29	8-6-0-0	5-9-1-2	5-4-0-1	W1
Edmonton	30	11	14	1	4	78	105	27	5-8-1-1	6-6-1-2	6-3-0-1	L2

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Buffalo 3 Boston 2
New Jersey 3 Phoenix 0
N.Y. Rangers 4 Pittsburgh 0
Anaheim 2 Washington 1 (OT)
Detroit 5 St. Louis 2
Philadelphia 5 Montreal 3
Atlanta 2 Tampa Bay 1 (SO)
Carolina 4 Florida 3
Nashville 3 San Jose 2
Colorado 4 Chicago 3
Vancouver 3 Columbus 2 (OT)
Toronto 4 Edmonton 1
Philadelphia 3 Pittsburgh 2
Tonight's games
(All times Eastern)
Anaheim at N.Y. Islanders, 7 p.m.
Phoenix at N.Y. Rangers, 7 p.m.
Carolina at Atlanta, 7 p.m.
Boston at Montreal, 7:30 p.m.
Los Angeles at St. Louis, 8 p.m.
Ottawa at Minnesota, 8 p.m.
San Jose at Dallas, 8:30 p.m.
Toronto at Calgary, 9:30 p.m.
Columbus at Edmonton, 9:30 p.m.
Tuesday's results

CANUCKS 3, JACKETS 2 (OT)

First Period
1. Vancouver, Kesler 13 (Edler) 19:37
Penalties — Klesla Clb (delay of game) 0:59, Brassard Clb (holding) 3:55, Torres Vcr (hooking) 8:48, Edler Vcr (hooking) 16:40.
Second Period
2. Columbus, Brassard 7 (Voracek, Methot) 9:02
3. Vancouver, Kesler 14 (Samuelsson) 10:50
Penalty — Klesla Clb (tripping) 5:26.
Third Period
4. Columbus, Sestito 1 (Commodore, Tyutin) 7:34 (pp)
Penalties — Commodore Clb (tripping) 3:34, Alberts Vcr (interference) 7:24.
Overtime
5. Vancouver, Kesler 15 (D. Sedin, H. Sedin) 3:30 (pp)
Penalty — Hejda Clb (boarding) 2:45.
Shots

Columbus	6	14	8	2—30
Vancouver	12	9	7	2—30

Goal (shots-saves) — Columbus: Garon (OTL, 7-3-2) (30-27); Vancouver: Luongo (W, 14-8-2) (30-28). **Power plays (goals-chances)** — Columbus: 1-3; Vancouver: 1-5.
Att. — 18,860 at Vancouver.

FLYERS 5, CANADIENS 3

First Period
1. Philadelphia, Carter 13 (Carle) 19:43
Penalty — Gomez Mtl (roughing) 2:21.
Second Period
2. Philadelphia, Van Riemsdyk 6 (Carter) 2:33
3. Montreal, Subban 2 (Gomez, Cammalleri) 18:09 (pp)
Penalties — Gorges Mtl (tripping) 12:26, Pronger Pha (hooking) 6:51, Coburn Pha (roughing) 17:46.
Third Period
4. Philadelphia, Zherdev 11, 5:31
5. Montreal, Plekanec (Pouliot, Cammalleri) 7:01
6. Montreal, Gionta 10 (Gomez, Subban) 9:55
7. Philadelphia, Van Riemsdyk 7 (Zherdev, Carter) 14:27
8. Philadelphia, Giroux 16 (Richards) 15:28
Penalty — Plekanec Mtl (slashing) 13:31.
Shots

Philadelphia	10	8	12	30
Montreal	10	17	13	40

Goal — Philadelphia: Bobrovsky (W,15-4-5), Montreal: Price (L,17-9-3). **Power plays (goals-chances)** — Philadelphia: 0-3; Montreal: 1-2.
Att.— 21,273 (21,273) at Montreal.

SCORING LEADERS

	G	A	PT
Crosby, Pgh	26	27	53
Stamkos, TB	24	20	44
St. Louis, TB	11	26	37
D.Sedin, Vcr	16	20	36
Ovechkin, Wash	12	24	36
Datsyuk, Det	11	25	36
Perry, Ana	16	19	35
H.Sedin, Vcr	5	30	35
B.Richards, Dal	12	22	34
Semin, Wash	18	15	33
Backstrom, Wash	11	22	33
Byfuglien, Atl	11	21	32
Getzlaf, Ana	10	22	32
Sharp, Chi	17	14	31
P.Stastny, Col	13	18	31
Hejduk, Col	11	20	31
Duchene, Col	11	19	30
M.Richards, Pha	11	19	30
Giroux, Pha	15	14	29

Not including last night's games

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Boston	20	4	.833	—
d-Miami	19	8	.704	2½
d-Chicago	16	8	.667	4
Orlando	16	9	.640	4½
Atlanta	16	10	.615	5
New York	16	10	.615	5
Indiana	11	13	.458	9
Milwaukee	10	14	.417	10
Philadelphia	10	15	.400	10½
Charlotte	9	16	.360	11½
Toronto	9	17	.346	12
Detroit	8	18	.308	13
Cleveland	7	18	.280	13½
Washington	6	17	.261	13½
New Jersey	6	19	.240	14½

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	21	3	.875	—
Dallas	20	5	.800	1½
d-L.A. Lakers	19	7	.731	3
d-Oklahoma City	18	8	.692	4
d-Utah	18	8	.692	4
Denver	15	9	.625	6
New Orleans	15	10	.600	6½
Phoenix	12	12	.500	9
Memphis	12	14	.462	10
Portland	12	14	.462	10
Houston	10	15	.400	11½
Golden State	9	16	.360	12½
Minnesota	6	20	.231	16
Sacramento	5	18	.217	15½
L.A. Clippers	5	21	.192	17

d-division leader
Last night's results
L.A. Lakers 109 Indiana 94
Boston 118 New York 116
Philadelphia 105 L.A. Clippers 91
Chicago 110 Toronto 93
Miami 101 Cleveland 95
Memphis 113 Charlotte 80
Oklahoma City 117 Houston 105
New Orleans 94 Sacramento 91
San Antonio 92 Milwaukee 90
Phoenix 128 Minnesota 122
Dallas 103 Portland 98
Tuesday's results
Charlotte 97 Toronto 91
Philadelphia 82 New Jersey 77
L.A. Lakers 103 Washington 89
Detroit 103 Atlanta 80
Houston 118 Sacramento 105
Denver 111 Orlando 94
Golden State 108 Minnesota 99
Tonight's games
(All times Eastern)
Washington at New Jersey, 7 p.m.
Atlanta at Boston, 8 p.m.
San Antonio at Denver, 10:30 p.m.

BULLS 110, RAPTORS 93

CHICAGO (110)
Deng 7-14 2-2 19, Boozer 13-17 8-11 34, Noah 4-6 3-4 11, Rose 3-9 0-0 6, Bogans 2-2 1-2 6, Brewer 4-6 2-2 10, Gibson 3-11 0-0 6, Korver 5-11 0-1 13, Watson 1-4 1-2 3, Asik 1-1 0-0 2. Totals 43-81 17-24 110.
TORONTO (93)
Weems 3-10 1-2 7, Davis 5-9 0-0 10, A.Johnson 1-6 0-0 2, Bayless 9-15 2-3 20, DeRozan 4-12 4-4 12, Dorsey 5-8 2-2 12, Kleiza 2-9 0-0 4, Barbosa 7-13 5-5 21, Wright 2-4 0-0 5. Totals 38-86 14-16 93.

Chicago	23	40	28	19	110
Toronto	18	26	20	29	93

3-Point Goals—Chicago 7-18 (Deng 3-6, Korver 3-7, Bogans 1-1, Watson 0-1, Gibson 0-1, Rose 0-2), Toronto 3-12 (Barbosa 2-3, Wright 1-1, Weems 0-2, Bayless 0-3, Kleiza 0-3). Fouled Out—None. Rebounds—Chicago 55 (Boozer 12), Toronto 40 (Dorsey 13). Assists—Chicago 28 (Rose 11), Toronto 19 (Weems 5). Total Fouls—Chicago 15, Toronto 20. Technicals—Gibson, Chicago defensive three second, Toronto defensive three second. A—17,750 (19,800) at Toronto.

TRANSACTIONS

BASEBALL

MLB

AMERICAN LEAGUE
KANSAS CITY ROYALS—Designated RHP Philip Humber for assignment.
NEW YORK YANKEES—Agreed to terms with RHP Mark Prior, RHP Brian Anderson, INF Doug Bernier, RHP Buddy Carlyle, LHP Neal Cotts, C Gustavo Molina and LHP Andy Sisco on minor league contracts.
NATIONAL LEAGUE
ARIZONA DIAMONDBACKS—Promoted Carlos Gomez to director, international scouting.
COLORADO ROCKIES—Agreed to terms with INF Ty Wigginton on a two-year contract. Named Marv Foley major league catching instructor; Duane Espy manager of Tulsa (Texas); Lenn Sakata hitting coach for Asheville (SAL) and Dave Burba pitching coach for Tri-City (NWL). Promoted Dave Schuler to pitching coach for Tulsa, Kevin Riggs to hitting coach for Modesto (Cal) and Joey Eischen to pitching coach for Asheville.
FLORIDA MARLINS—Agreed to terms with LHP Randy Choate on a two-year contract.
HOUSTON ASTROS—Agreed to terms with INF Brian Dopirak and RHP Sammy Gervacio on minor league contracts.
PHILADELPHIA PHILLIES—Agreed to terms with LHP Cliff Lee on a five-year contract.
PITTSBURGH PIRATES—Agreed to terms with LHP Donnie Veal on a minor league contract.

BASKETBALL

NBA

HOUSTON ROCKETS—Traded G Jermaine Taylor and cash considerations to Sacramento Kings for a conditional 2011 second-round draft pick.
NEW JERSEY NETS—Acquired G Sasha Vujacic and a 2011 first-round draft pick from the Los Angeles Lakers and a 2012 first-round draft pick from Houston in a three-team trade. The Nets sent F-C Joe Smith and two second-round draft picks to Los Angeles and G Terrence Williams to Houston.

FOOTBALL

NFL

NFL—Fined Jacksonville DB Will Middleton $5,000 for a helmet-to-helmet hit on Oakland QB Jason Campbell during a Dec. 12 game.
CAROLINA PANTHERS—Signed LB Thomas Williams to the practice squad.
CINCINNATI BENGALS—Signed CB Keiwan Ratliff.
CLEVELAND BROWNS—Signed OL Branndon Braxton to the practice squad.
DALLAS COWBOYS—Placed WR-KR Kevin Ogletree on injured reserve. Signed WR Manuel Johnson from the practice squad.
DETROIT LIONS—Placed OT Gosder Cherilus and CB Brandon McDonald on injured reserve. Activated LB Caleb Campbell from the practice squad. Signed WR Roy Hall to the practice squad.
HOUSTON TEXANS—Placed DE Mario Williams, WR David Anderson and G Mike Brisiel on injured reserve.
NEW ENGLAND PATRIOTS—Placed CB Jonathan Wilhite on injured reserve. Signed DL Louis Leonard.
NEW YORK GIANTS—Placed LB Clint Sintim on injured reserve. Signed DE Alex Hall. Signed LB Kenny Ingram to the practice squad. Terminated the practice squad contract of DT Joe Joseph.
NEW YORK JETS—Extended season suspension of assistant coach Sal Alosi to indefinite, after discovering he ordered five inactive players to form a wall along the sideline for a punt return, during which he tripped a Miami Dolphins player during a Dec. 12 game.
TENNESSEE TITANS—Placed DT Tony Brown on injured reserve. Signed C Kevin Matthews from the practice squad.

CFL

EDMONTON ESKIMOS—Named Rick Campbell assistant head coach and special teams coordinator, Rich Stubler defensive coordinator and Kit Lathtrop defensive line coach. Announced defensive line coach Mike Walker will not return for the 2011 season.

HOCKEY

NHL

CHICAGO BLACKHAWKS—Recalled F Jeremy Morin from Rockford (AHL).
COLUMBUS BLUE JACKETS—Activated LW Kristian Huselius from the injured list. Placed C Derek MacKenzie on the injured list.
WASHINGTON CAPITALS—Recalled RW Andrew Gordon and C Jay Beagle from Hershey (AHL). Assigned D Brian Fahey to Hershey.

AHL

LEAGUE OFFICE—Suspended Wilkes-Barre/Scranton D Robert Bortuzzo and RW Jesse Boulerice and Norfolk LW Stefano Giliati each for one game as a result of their actions in a Dec. 11 game between the teams.
SAN ANTONIO RAMPAGE—Recalled C Tyler Mosienko from Las Vegas (ECHL).

ECHL

READING ROYALS—Announced F Ryan Cruthers has been returned to the team by Lake Erie (AHL).
VICTORIA SALMON KINGS—Signed F Tim Kraus.

HOCKEY

CANADA'S WORLD JUNIOR HOCKEY ROSTER

Canada's team for the world junior hockey championship Dec. 26, 2010-Jan. 5, 2011 in Buffalo and Lewiston, N.Y. (with hometown, team and league):
Goaltenders
Mark Visentin, Waterdown, Ont. Niagara (OHL); Olivier Roy, Causapscal, Que., Acadie-Bathurst (QMJHL).
Defencemen
Jared Cowen, Allan, Sask., Spokane (WHL); Simon Despres, Laval, Que., Saint John (QMJHL); Dylan Olsen, Calgary, Minnesota-Duluth (NCAA); Erik Gudbranson, Orleans, Ont., Kingston (OHL); Ryan Ellis, Freelton, Ont., Windsor (OHL); Tyson Barrie, Victoria, Kelowna (WHL); Calvin de Haan, Carp, Ont., Oshawa (OHL).
Forwards
Sean Couturier, Bathurst, N.B., Drummondville (QMJHL); Jaden Schwartz, Emerald Park, Sask., Colorado College (NCAA); Zack Kassian, LaSalle, Ont., Windsor (OHL); Brayden Schenn, Saskatoon, Brandon (WHL); Casey Cizikas, Mississauga, Ont., Mississauga St. Michael's (OHL); Quinton Howden, Oak Bank, Man., Moose Jaw (WHL); Curtis Hamilton, Kelowna, B.C., Saskatoon (WHL); Marcus Foligno, Sudbury, Ont., Sudbury (OHL); Ryan Johansen, Port Moody, B.C., Portland (WHL); Louis Leblanc, Point-Claire, Que., Montreal (QMJHL); Cody Eakin, Winnipeg, Swift Current (WHL); Carter Ashton, Saskatoon, Tri-City (WHL); Brett Connolly, Port Hardy, B.C., Prince George (WHL).
Head Coach: Dave Cameron, Charlottetown, Mississauga St. Michaels(OHL).
Assistant Coaches: George Burnett, Port Perry, Ont., Belleville (OHL); Andre Tourigny, Nicolet, Que., Rouyn-Noranda Huskies (QMJHL); Ryan Huska, Cranbrook, B.C., Kelowna Rockets (WHL).

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
x-New England	11	2	0	.846	415	276
N.Y. Jets	9	4	0	.692	273	242
Miami	7	6	0	.538	225	244
Buffalo	3	10	0	.231	256	339

SOUTH

	W	L	T	Pct	PF	PA
Jacksonville	8	5	0	.615	295	331
Indianapolis	7	6	0	.538	347	318
Houston	5	8	0	.385	316	355
Tennessee	5	8	0	.385	291	265

NORTH

	W	L	T	Pct	PF	PA
Pittsburgh	10	3	0	.769	290	198
Baltimore	9	4	0	.692	294	229
Cleveland	5	8	0	.385	235	252
Cincinnati	2	11	0	.154	262	345

WEST

	W	L	T	Pct	PF	PA
Kansas City	8	5	0	.615	295	268
San Diego	7	6	0	.538	354	253
Oakland	6	7	0	.462	314	307
Denver	3	10	0	.231	269	376

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Giants	9	4	0	.692	329	250
Philadelphia	9	4	0	.692	374	308
Washington	5	8	0	.385	238	310
Dallas	4	9	0	.308	321	366

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	11	2	0	.846	335	243
New Orleans	10	3	0	.769	330	240
Tampa Bay	8	5	0	.615	260	267
Carolina	1	12	0	.077	164	338

NORTH

	W	L	T	Pct	PF	PA
Chicago	9	4	0	.692	253	228
Green Bay	8	5	0	.615	306	189
Minnesota	5	8	0	.385	230	274
Detroit	3	10	0	.231	285	309

WEST

	W	L	T	Pct	PF	PA
Seattle	6	7	0	.462	261	329
St. Louis	6	7	0	.462	245	268
San Francisco	5	8	0	.385	243	280
Arizona	4	9	0	.308	243	351

x — clinched playoff berth.

WEEK 15

Tonight's game
(All times Eastern)
San Francisco at San Diego, 8:20 p.m.
Sunday's games
Kansas City at St. Louis, 1 p.m.
Washington at Dallas, 1 p.m.
Houston at Tennessee, 1 p.m.
Arizona at Carolina, 1 p.m.
Philadelphia at N.Y. Giants, 1 p.m.
Detroit at Tampa Bay, 1 p.m.
Cleveland at Cincinnati, 1 p.m.
Buffalo at Miami, 1 p.m.
Jacksonville at Indianapolis, 1 p.m.
New Orleans at Baltimore, 1 p.m.
Atlanta at Seattle, 4:05 p.m.
Denver at Oakland, 4:15 p.m.
N.Y. Jets at Pittsburgh, 4:15 p.m.
Green Bay at New England, 8:20 p.m.
Monday, Dec. 20
Chicago at Minnesota, 8:30 p.m.

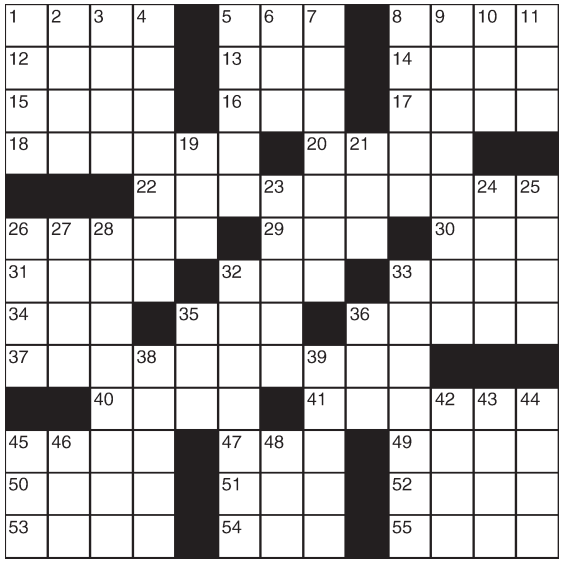
FOOTBALL

NCAA

All Times Eastern
Saturday's games
NEW MEXICO BOWL
At Albuquerque, N.M.
Texas-El Paso (6-6) vs. Brigham Young (6-6), 2 p.m.
HUMANITARIAN BOWL
At Boise, Idaho
Northern Illinois (10-3) vs. Fresno State (8-4), 5:30 p.m.
NEW ORLEANS BOWL
Ohio (8-4) vs. Troy (7-5), 9 p.m.

TIMES TELECOM
Pre-Boxing Day Madness
An Exclusive Offer! Courtesy of Times Telecom
Smartphones for only
$0
December 13 to 30, 2010 Only
LG Optimus Quantum™ with Windows® Phone 7
Blackberry® Bold™ 9700 Smartphone
HTC Desire Z™ Smartphone Android™
Nokia C6 Smartphone
Samsung Wave™ Smartphone
Palm® Pre™ Smartphone
PLUS: Another Exclusive Times Telecom Offer!
$360 FREE Long Distance for One (1) Year*
for Inquiries: 604.628.5883 * 604.288.0111 www.timestelecom.ca
BURNABY
Crystal Mall
1308-4500 Kingsway
Metrotown Shopping Centre
Outside T&T
K2A - 4800 Kingsway
RICHMOND
Parker Place Mall
1430-4380 No.3 Road
Aberdeen Center Store
1230-4151 Hazelbridge Way
VANCOUVER
International Village
1167-88 West Pender Street
KINGSWAY
3565 Kingsway
SURREY (inside T&T)
Central City Shopping Centre
#5, #3000
10153 King Geroge Hwy.,
COQUITLAM
Henderson Place
1070-1163 Pintree Way
Available with compatible devices within coverage areas available from Bell and its international partners' coverage areas where technology permits. Other monthly fees, e.g., 9-1-1 (New Brunswick: $0.53, Nova Scotia: $0.43, P.E.I.: $0.50, Quebec Municipal Tax $0.40/mo.) and one-time device activation ($35) apply. Paper bill service charge ($2/mo.) applies unless you register for e-bill and cancel your paper bill. Upon early termination, price adjustment charges apply; see your Service Agreement for details. Subject to change without notice. Taxes extra. May not be available in all locations. Other conditions apply. BlackBerry®, RIM®, Research In Motion® and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. The HTC logo and HTC Desire Z are the trademarks of HTC Corporation. Nokia C6 is a registered trademark of Nokia Corporation. Samsung Wave is a trademark of Samsung Electronics Co., Ltd., used in Canada under licence. Palm and Treo are among the trademarks or registered trademarks owned by or licensed to Palm, Inc. LG Optimus Quantum is a trademark of LG Electronics Inc. Windows is a registered trademark of Microsoft Corporation.
Bell Authorized Retailer

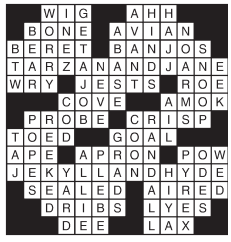
Crossword



Across
1 Makes a decision
5 Blond shade
8 Old fogy
12 Tree anchor
13 — out a living
14 Grand story
15 Chimney channel
16 Sermon subject
17 Small change
18 Precede
20 New Look designer
22 Documented evidence, maybe
26 Lays an egg
29 Insult
30 Attempt
31 Queue
32 Snapshots, familiarly
33 Active one
34 Check-casher's pair
35 Morsel
36 Handbag
37 1973 movie set at Harvard, with "The"
40 Apple computer
41 Orange or grapefruit
45 Land measure
47 Frequently
49 Small pie
50 No stay-at-home
51 Privy
52 Therefore
53 Vortex
54 "— the ramparts ..."
55 Profound

Down
1 "Carmina Burana" composer
2 Game on horseback
3 Go sightseeing
4 Spire
5 Man of morals?
6 Schuss
7 Rocker Jimi
8 Interior designer's concern
9 One at the switchboard
10 Cacophony
11 Calendar abbr.
19 Petrol
21 "Monty Python" starter
23 Archie's wife
24 Enrages
25 Orpheus' instrument
26 Buy, remodel and sell
27 Verdi work
28 Brilliant
32 Flute's kid brother
33 Sang with someone
35 Support of a sort
36 Omega preceder
38 Abrasive powder
39 Thespian
42 Exceptional
43 Incite
44 Halt
45 Time of your life?
46 Food fish
48 Adversary

▶ Yesterday's answer



Sudoku

3						4	8	
	8	7			6			
		9			1	7		
7				3			5	
	9	8				1	2	
	3			2				4
		6	9			8		
			4			5	1	
	1	5						6

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

5	4	9	7	2	8	3	1	6
3	7	1	5	9	6	2	8	4
8	6	2	1	3	4	7	5	9
1	5	3	9	4	2	6	7	8
4	9	7	6	8	5	1	3	2
6	2	8	3	1	7	4	9	5
7	8	5	2	6	3	9	4	1
9	3	6	4	5	1	8	2	7
2	1	4	8	7	9	5	6	3

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

We had a marvelous anniversary, Francine, and I thank God you're in my life. I love you with all my heart and look forward to many, many years of being your partner and helpmate. **LOVE YOUR OLE WILL.**

Tati and Jodi Podi, You are both my sunshine & make my hardships worthwhile. I love you forever and always **MOMMY**

Baby Bear thanks for never giving up on me. You are everything I have and need. You were the one since the beginning. I truly am lucky to have you. **TE AMO, NANITA**

You're amazing, Vivian. Please don't change because I wouldn't want to be with anyone else! U add meaning to my life. If you held up 11 roses, you would be looking at 12 of the most beautiful things in the world. **LOVE ALWAYS, JEREMY**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Watch what you say and do today. Your words and actions may seem perfectly reasonable to you but some people are sensitive to being given advice, nevermind criticism.

♉ Taurus April 21-May 21 Resist the urge to act on impulse today, especially if you are bored. If you act without thinking, the consequences could be unthinkable. Don't be rash — it's not worth the risk.

♊ Gemini May 22-June 21 Sometimes you can be too emotional and sometimes you show no emotion. You will feel both extremes over the next 24 hours. Be careful your uneven feelings don't jeopardize an important relationship.

♋ Cancer June 22-July 22 You take life's duties seriously, but sometimes you are too severe in your reactions and make it hard for people to know the real you – the fun you. What happens today is not important, don't look so glum.

♌ Leo July 23-Aug.23 Today, it will be easy for you to reach out to the world and bend it to your will. But do you need to be so forceful? Probably not. You're pretty good at friendly persuasion, too.

♍ Virgo Aug. 24- Sept. 22 Why do you feel guilty about something that wasn't your fault? At the most, you played a minor role. Stop beating yourself up and next time be more cautious with whom you team up.

♎ Libra Sept. 23-Oct. 23 Travel and social plans may change at the last moment today. Of course, you won't be happy about it. Fortunately, your schedule is flexible, so don't fume about it for too long. You'll still have a great time.

♏ Scorpio Oct. 24-Nov. 22 Make sure you know all the facts before making a financial decision. You may have too rosy a view of how much money will be coming. Don't plan on too much going out.

♐ Sagittarius Nov. 23-Dec. 21 You're moving so fast that you think you're invincible. Mistake! There is an object ahead and if you don't take evasive action, there could be a crash. Slow down.

♑ Capricorn Dec. 22-Jan. 20 Common sense should tell you that what you are worrying about is not worth the effort. Even if the worst happens, it's not the end of the world. Stop worrying and start living.

♒ Aquarius Jan. 21-Feb. 18 Is it wrong to be happy when other people are sad? Of course not! You are not responsible for their emotions, so laugh as much as you like. They'll want to follow.

♓ Pisces Feb. 19-March 20 Keep things simple today. Your life is complicated enough without adding more to the mix. Focus on the one thing that really matters and put everything else out of your mind. **SALLY BROMPTON**

Caption contest

KHALIL HAMRA/ THE ASSOCIATED PRESS/FILE

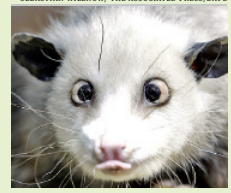
"And everybody was kung-fu fighting!"
JULIAN JAMILANO

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

SEBASTIAN WILLNOW/ THE ASSOCIATED PRESS/DAPD



FLIGHT CENTRE Unbeatable
Anaheim Air + 4 Nights
from $399
+ taxes & fees $127
INCLUDES accom adjacent to Disneyland Resort.
1 866 519 5111 | flightcentre.ca
Conditions apply. Ex: Vancouver. Package prices are per person, based on double occupancy for total length of stay unless otherwise stated. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST and/or HST and fuel supplements and are approximate and subject to change.

Award Winning - 2009 Vancouver View Award
EURO CHARM Skincare and Body Clinic
"Where wellness meets beauty"
• Lipo and Slimming Programs
• Hydrotherapy
• Free Consultations
20% off for all Laser Services | 79.95/unit Botox | 20% off Beautytek Treatments
Gift Certificates available Specials Expire November 30, 2010
604.568.2575 • 3401 East Hastings St, Vancouver
www.eurocharm.ca • 1 Block East of the PNE • Free Parking

EN RECHERCHE D'EMPLOI OU DE FORMATION ?
LOOKING FOR A JOB OR TRAINING ?
Cours Collégiaux • Aide à la recherche d'emploi
Cours d'anglais • Programmes subventionnés
LA LIBERTÉ D'ÉTUDIER EN FRANÇAIS PARTOUT EN C.-B. !
Collège EDUCENTRE College
Canada
www.educentre.com • 1.800.747.4825
The French College in British Columbia

Consider this an early holiday bonus.

$75 OFF

Take an extra $75 off these smartphones or off accessories.[1]

Samsung Galaxy S™ Vibrant™
World's best mobile screen[2]

3-yr. term	No term
$99.95[3]	$499.95[4]
SAVE $400	

with a $50 voice and data plan

ONLY FROM BELL

HTC Desire Z™ smartphone
Super fast - up to 14.4 Mbps[5]

3-yr. term	No term
$79.95[3]	$499.95[4]
SAVE $420	

with a $50 voice and data plan

ONLY FROM BELL

LG Optimus Quantum™
Only Windows® Phone 7
with a keyboard

3-yr. term	No term
$49.95[3]	$449.95[4]
SAVE $400	

with a $50 voice and data plan

Visit a Bell store.

Bell holidays just got better

Available at the following Bell stores:

LOWER MAINLAND

ABBOTSFORD
31935 South Fraser Way
Sevenoaks Shopping Centre

BURNABY
Brentwood Town Centre
Brentwood Town Centre (kiosk)
Lougheed Mall
Marine Way Market
Metropolis at Metrotown

CHILLIWACK
Cottonwood Mall

COQUITLAM
Coquitlam Centre

CRANBROOK
First Pro Cranbrook

DAWSON CREEK
600 113th Ave.
Dawson Mall

DELTA
Scottsdale Centre
Sunshine Village

FORT ST. JOHN
7920 Alaska Rd.
Totem Mall

LANGLEY
Willowbrook Corner
Willowbrook Mall

MAPLE RIDGE
Haney Place Mall

NEW WESTMINSTER
Queensborough Landing

PITT MEADOWS
Meadowtown Centre

RICHMOND
Aberdeen Centre
Richmond Centre
Richmond Centre (kiosk)

SURREY
10362 King George Hwy
13630 -72 Ave.
8363 -128th St.
Clover Square Village
Guildford Town Centre
Nordel Crossing
Panorama Village
Semiahmoo Shopping Centre
Surrey Central City Mall

VANCOUVER
567 Seymour St.
698 West Broadway
1008 West Georgia St.
1100 Robson St.
1588 West Broadway
1709 Lonsdale Ave.
2154 West 4th
Capilano Mall
Chinatown Plaza
Lynn Valley
Oakridge Centre
Pacific Centre
Park Royal S.

OKANAGAN

CASTELGAR
635 Columbia Ave.

KAMLOOPS
Aberdeen Mall
Inside Real Canadian Superstore
Lansdowne Village

KELOWNA
Dilworth Shopping Centre
Orchard Park Shopping Centre

PENTICTON
Peachtree Square

PRINCE GEORGE
Pine Centre

QUESNEL
259 Reid St.

VERNON
Village Green Mall

WILLIAMS LAKE
Boitanio Mall

VANCOUVER ISLAND

NANAIMO
Woodgrove Centre

VICTORIA
Bay Centre
Hillside Shopping Centre
Mayfair Shopping Centre
Westshore Town Centre

Also available at these retailers:

BEST BUY · BEST BUY mobile your phone, your way · COSTCO WHOLESALE · FUTURE SHOP · booth wireless · THE SOURCE · Your Best Friend's Visions ELECTRONICS · Available at Walmart Save money. Live better. · WIRELESS etc... · WIRELESSWAVE

Offer ends December 31, 2010. Available with compatible devices within network coverage areas available from Bell Mobility where technology permits. Other monthly fees, e.g., 911 (New Brunswick: $0.53, Nova Scotia: $0.43, P.E.I.: $0.50, Quebec: $0.40), and one-time device activation ($35) apply. Paper bill charge ($2/mo.) applies unless you register for e-bill and cancel your paper bill. Upon early termination, price adjustments apply; see your Service Agreement for details. Subject to change without notice; not combinable with other offers. Taxes extra. Device selection varies by retailer. Other conditions apply. (1) With new activation on a 3-yr. term on a post-paid voice and data plan. Applies at the time of purchase on the price of the device or accessories in-store before taxes. (2) Based on comparison of size, brightness and contrast of display vs. other leading Smartphones. (3) With new activation on a post-paid voice and data plan or a post-paid voice plan and a data feature with a min. value of $50/mo. (4) 30 days advance notice of termination required where not prohibited by law. (5) Actual speeds may vary due to topography, environmental conditions, device type and other factors. Samsung Galaxy S Vibrant is a trademark of Samsung Electronics Co., Ltd., used in Canada under licence. HTC Desire Z is a trademark of HTC Corporation. Microsoft and Windows Phone are trademarks of the Microsoft group of companies. Some features and services may vary by area, phone, carrier, network availability and service plan. Fees may apply. See windowsphone.ca and your phone provider for more information. "LG", the "LG logo" and "LG Optimus Quantum" are the property of LG Corp and its affiliates.